



Counseling Advice To Help Save Your Marriage

Ignore minor mistakes to avoid arguments and have peace of mind.



Identify the root of frustration before lashing out at your spouse and try to weed it out.



Take up an appreciation exercise where you point out the qualities of each other that you admire.



Support your spouse in their endeavors or when they feel low and have trouble making decisions.



Surprise each other from time to time and make each other feel loved.



Acknowledge and apologize for your mistakes, and don't let your ego get in the way.



Take trips together to spend quality time together and for a change of environment.

