

10 Common Marriage Mistakes

(In no particular order)

As a marriage counselor, these are the ten common mistakes I see married couples making:

- 1. They forget God**
 - a. God is the 3rd person in every relationship—don't ignore Him
 - b. Spiritual bonds are as important as emotional bonds
- 2. They forget each other**
 - a. They forget the basic needs of the other
 - b. They forget each wants to be #1 in the eyes of the other
- 3. They are unaware of or forget the basic need of the other**
 - a. He wants to be significant
 - b. She wants to be secure
- 4. They forget to have fun together**
 - a. Shared experiences create bonds
 - b. Mindless fun is just fun! Having fun is creating memories.
- 5. They forget to share the load**
 - a. They *dump* when they should *divide*
 - b. The burden is halved when it is shared
- 6. They look to others outside the marriage for emotional support**
 - a. No one outside your marriage should be in your marriage
 - b. Constantly looking to others prevents us from looking to one another
- 7. They are too casual or too conservative with money**
 - a. Money problems can cause a great deal of stress
 - b. However, investing in your marriage and family is worth it
- 8. They forget they are on the same team**
 - a. This leads to withdrawing and isolating—which can lead to being secretive
 - b. They view themselves more as an individual than as a couple
- 9. They try to have the perfect marriage**
 - a. They idealize marriage
 - b. They compare their marriage
- 10. They give up on intimacy**
 - a. Hugging, hand-holding, snuggling becomes less frequent
 - b. Sex becomes routine and less romantic