

FREQUENTLY ASKED QUESTIONS

- **Does an affair have to end my marriage?**

Studies show that more than 50 percent of marriages can survive infidelity. Although there are serious issues that need to be addressed, couples are often surprised when they find that they can stay together after an affair.

Many couples can learn to successfully rebuild their marriages. Surprisingly, some even say their marriages are stronger after infidelity.

This is because the issues that may have contributed to the affair, have been brought to the forefront and are now being addressed.

If couples are committed to making lasting changes in the way they relate to each other and can learn to work through their issues in healthier ways, there is a greater chance that they will successfully navigate through the pain brought on by the affair and move on to an ever stronger marriage.

- **We used to get along so well and now we experience a lot of conflict and are often angry with each other. Is this normal or does it mean that we have a bad relationship?**

Relationships go through normal and predictable stages. The initial phase is known as the Romantic Stage. This is when everything feels right. It's so easy to be with each other. It's comfortable like you've always known each other. In this stage, we minimize things we don't like about our partner and an initial bonding occurs.

But, it's normal and natural to progress into the Power Struggle Stage. Much as we'd like, we can't stay in marital bliss forever.

In this stage, couples begin to feel a sense of disillusionment, disappointment, and anger. What used to be endearing in our partner now may become irritating and bothersome. We begin noticing their faults and shortcomings more often. Conflict naturally occurs.

The conflict is not the problem. It's the way we resolve the conflict that makes all the difference. When couples have the tools they need to resolve conflict effectively, it can even be an opportunity to grow closer together and enter into the next stage which is the Conscious Love Stage.

In this stage you don't just hope and wish for a great relationship, you do what you need to do to make it great.

- **Does divorce have any lasting effects on the children?**

In their book, "Children of Divorce," John H. Harvey and Mark A. Fine note that children of parental divorce are at greater risk for academic problems, depression, and aggressive behavior during both childhood and adolescence.

There is a greater likelihood that they will struggle with intimacy, marry younger, and divorce more frequently. Children who grow up in high conflict families that remain as a family unit may also experience these same long-term damaging effects. Making positive lasting changes in your marriage is not only a gift you give to each other, it is also a precious gift you give to your children.

- **How can Christine help us in our relationship?**

I have seen amazing transformation in couples when they are committed to making the lasting changes necessary to create a fulfilling relationship together. It takes patience, commitment, and courage to begin this process of change. I can help you navigate through this rough terrain by helping you learn new skills and providing a safe space to practice these new skills together.

If you would like to talk to me personally about how to have a more passionate and supportive marriage, [click here to apply for a Discovery Session with me.](#)