

Marriage Killers

Triage your marriage – first assess the severity of injury and the priority of treatment:

Realize that some issues will kill your marriage more quickly than others. **Tier 1** issues are the most-deadly (like a heart attack). **Tier 2** issues are potentially deadly issues (like having cancer). **Tier 3** issues are those that will make a marriage sick, and these may lead to its death over time (like suffering from diabetes). Notice that the real “killers” of marriage are the *individual issues*. One person can easily destroy a marriage. Marriage is a partnership, and it requires two healthy, responsible partners to succeed. Take the beam out of your own eye first. (Matthew 7:5)

[Check all the issues below that are causing problems for you and for your marriage]

INDIVIDUAL ISSUES

Tier 1

- Abuse of Others
- Addiction
- Affairs
- Personality Disorders (like Narcissism)

Tier 2

- Untreated Mental Health Issues
- Unresolved Trauma / Abuse from the Past
- False Beliefs about Self or Others
- Immaturity / Self-centeredness
- Lack of Self-Care
- Stress / Stimulation Addiction
- Emotional Reactivity
- Deep Insecurity
- Dishonesty and Secrets Leading to Spousal Trust
- Unequally-yoked Spiritually
- Financial Irresponsibility
- Running from God

COUPLE ISSUES

Tier 3

- Not Listening for Understanding and Empathy
- Lack of Attention, Affirmation, and Affection
- Not Spending Enjoyable Time Together
- Prioritizing Work, Children, or Other Relationships Over the Marriage
- Clash of Personal Coping Mechanisms
- Arguing about Facts but Overlooking Feelings
- Lack of Problem-solving Skills
- Boundary Issues with Extended Family
- Intimacy Issues
- Unequal Division of Labor in the Home / Family

Don't wait to get help. See a Christian Marriage Counselor as soon as possible.