

# Lies we tell ourselves about Marriage

**Working with hundreds of couples, we have heard all of these statements listed below. Everyone of them was not true because the person who said them later came back and said so. Even we have said these things at some points. These are common lies we tell ourselves when we feel beat down, hopeless or have decided to settle for a mediocre marriage.**

1. If my spouse was “fixed”, our marriage would be so much better.
2. We are too far gone for us to ever have a happy marriage.
3. I messed up and didn’t marry my soul mate.
4. We never/rarely fight so that means we probably have a very good marriage.
5. I could never forgive my spouse for what they did to me because it was so bad.
6. If my spouse really loved me, I would be happy and fulfilled.
7. No one has experienced the types of marriage problems we have had.
8. You don’t know my spouse. They are the worst.
9. I’m stuck in this marriage. Nothing is going to get better for us.
10. My spouse is my biggest enemy. They really want to make me miserable.
11. No marriage can survive the kinds of things that have happened in ours.
12. If my spouse would just do \_\_\_\_\_, I would be willing to work on our marriage.
13. What’s the use of me working on the marriage? My spouse won’t ever change.
14. We will be happier if we just go ahead and get a divorce. The kids will understand.
15. Marriage is just too much work and I’ve done everything I could to make ours work.



**It's normal to feel hopeless and discouraged. But we can't let our feelings redefine reality. Hundreds of couples have experienced dramatic positive marriage changes in only a few months. Why couldn't this be your future?**

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