

7 Warning Signs That Your Marriage Is In Trouble



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This guide is dedicated and designed to help shine a light on your relationship with actual issues that arise in relationships and marriages to help you figure out if the relationship or marriage you are in is worth fighting for.

Being honest with yourself and paying attention to the patterns each day will determine if you and your partner are in the RED ZONE and need help.

This guide is adapted from years of study, reading, and training.



Is your marriage In the RED ZONE?

Relationships have ups and downs, but how do you know whether your ups and downs are just a normal part of life? Or whether your marriage is really on the rocks?

This guide will point out some of the 7 most prominent warning signs if your marriage is having problems. Now one of these things on its own might not be the end of the world, but if you find yourself saying yes to 3 or more, it might be time to think long and hard about your next move. Should you stay in your current relationship or marriage and reinvent it, or should you go and start a whole new life.

1

You're Not Communicating



The only text messages you send to each other are you asking for your partner to pick something up at the store on their way home.

During dinner, you're both scrolling your phones. Perhaps after dinner, you go into separate rooms to watch your favorite shows.

When you try to raise an issue with your partner, it feels like it goes in one ear and out the other. You feel ignored, invisible, and unappreciated. In a relationship, both parties deserve to be seen and heard. If you're not communicating well or at all, it can feel isolated and lonely.

Communication is essential for a relationship to thrive. If neither of you is willing to communicate, listen and compromise, then this is an indication your marriage could be in trouble.

2

Constantly Bickering At Each Other



Do you notice your both nitpicking at tiny things, like the laundry, that is not appropriately folded? Or the dishes are not put away? Or the toilet seat being left up?

Focusing on these minor issues is an easy distraction from the bigger issues lying under the surface. If you notice that you and your partner no longer agree on anything.

No matter what you bring up, it seems to lead to a heated and combative response; this is a tale-tale sign that your relationship might be skating on thin ice.

3

Same Old Arguments



You find yourselves having the same old arguments over and over again. You spend too much money on the kids, or you're not helping out around the house.

You keep rehashing old issues and arguments from years ago because you haven't really dealt with them, so they are not going away.

Nothing seems to be changing; you suggest different things, and your partner comes up with reasons why your suggestion won't work, and so you end up doing nothing and find yourself stuck in the same old patterns day after day.

If you find that all of your arguments seem to be stuck in the past it could be a sign that your relationship is not moving forward.

4

You're Not Spending Time Together



Maybe you feel relieved when your partner says they're going out with friends. The idea of going on a date with just the two of you makes you uncomfortable because it feels like it would be awkward.

And you find you actually enjoy your time away from your partner more than the time you spend together.

If you or your partner are spending all of your free time apart and you feel that you would rather spend time with your friend, family, or co-workers, this is a sign that your relationship might be headed down the tubes.

5

Are you questioning if you married the right person?



Maybe you worry you got married too young and if you had given yourself more time you might have chosen differently. Do you feel like you settle for the best person at that time to start a family? Or you got married quickly, and you realize you have nothing in common.

Do you find yourself getting annoyed by pretty much everything your partner says or does?

All the qualities you once adored are now driving you crazy, this is an indication the ship could be sinking.

6

You Don't Respect Or Feel Respected By Your Partner Anymore



Do you find yourself getting angry and resentful? Do you catch yourself being rude, passive-aggressive, and uncaring towards your partner?

Are you or your partner calling each other names or belittling one another. Are you caught on the hamster wheel of blaming each other, and no one takes responsibility?

When we don't feel respected, we can act out in a passive-aggressive way toward our partner; this indicates that a more significant issue is hidden under the surface, and the marriage might be in deep trouble.

7

You're Fantasizing About Having An Affair



It's perfectly natural to find other people attractive. Are your thoughts being consumed by someone you find beautiful other than your partner, and you are acting on it? Or maybe they're not a specific person, but you think about the idea of what it would be like to have an affair with anyone.

Maybe you're crossing the line, and you're having phone chats or interacting with someone at work in a flirtatious way, and its boarding on intimacy; this is a recipe for disaster and a sign that your marriage might be in the red zone.

Should I STAY Or Should I GO?



Deciding if you should STAY or GO is a difficult decision.

Especially when you have so much at stake like a family and kids. Perhaps you've been with your partner for years and you love your home and friends, and you worry if you leave you will lose it all.

Asking yourself some fundamental questions and being honest can be hard at times. Change is never easy, and it is natural to have resistance.

Sometimes two people drift apart, and it's best to leave. Other times if both people are willing to put in the work and try a different approach, things can ignite again.

But how do you know what you should do? I'd love to help you figure that out. Book in for my FREE 20-min Lasting Love Discovery Session where we will get to the bottom of why your struggle so much with that decision of whether you should stay in your relationship or marriage or cut your losses and go.



Be Your Most UNSHAKEABLE You

Carrie Costello