

THE MARRIAGE REPAIR HANDBOOK



From World-Renowned Marriage Coach & Best-Selling Author

MEND THE MARRIAGE

BRAD BROWNING



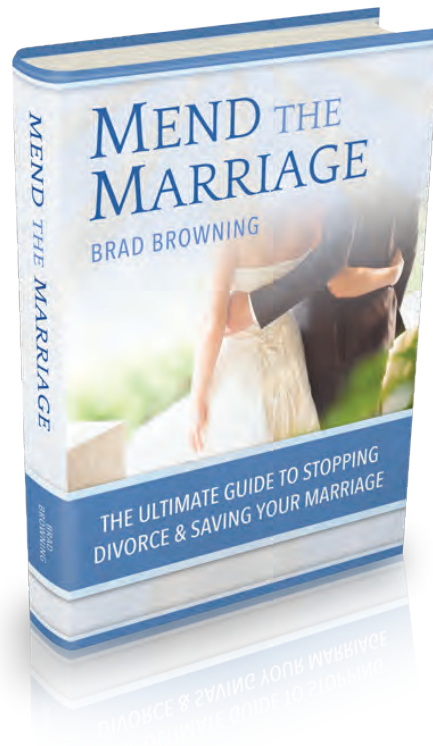
Brad Browning

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Thank you for downloading this free, special guidebook written by relationship coach and marriage expert Brad Browning.

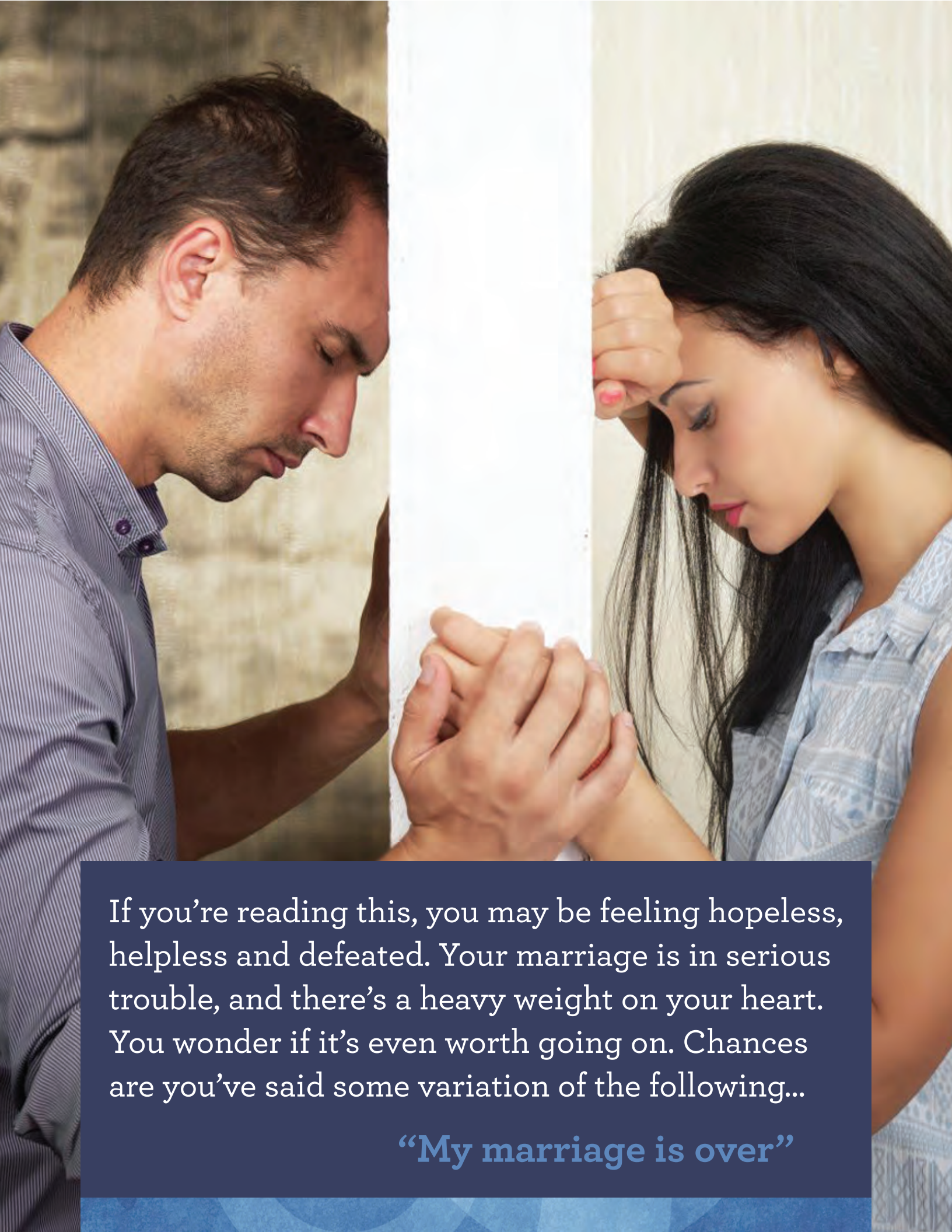
For the past decade, Brad has helped thousands of men and women around the world reunite repair damaged relationships and build happy, lasting marriages. He is also the author of the [best-selling “Mend the Marriage” program](#),

a comprehensive how-to guide that teaches simple, proven techniques for saving almost *any* marriage.



With 400,000 subscribers and over 50 million views, Brad's [YouTube channel](#) is widely regarded as one of the leading resources for relationship advice online.

Please [watch this free tutorial video presentation](#) for more detailed information on how to use Brad's **simple, proven tactics to begin repairing your marriage *today*.**



If you're reading this, you may be feeling hopeless, helpless and defeated. Your marriage is in serious trouble, and there's a heavy weight on your heart. You wonder if it's even worth going on. Chances are you've said some variation of the following...

“My marriage is over”

I'm here to tell you that **that couldn't be further from the truth**. If you've come here seeking advice on how to save your marriage, you've already taken the most difficult-
-you've recognized the problem in your marriage and are working towards a solution.

The truth is that **your marriage is only over when you stop trying**.

Remember, you got married for a reason. There's no couple out there who has the same story as you. There's no marriage like yours in the entire world, and if you're willing and able to fight for it, I'm here to help.

The road to reconciliation will be long and difficult, but when all is said and done, you'll find your marriage stronger than ever. Keep this handbook with you and refer to it often when you run into difficulty on your journey.



The Dreaded D -- *Divorce*

I believe that divorce has done more to damage marriages than almost anything else in history. Of course, I wouldn't want to take away anyone's right to a divorce, but it's a simple fact that the possibility of divorce has weakened the power of marriage in society today.

You see, when divorce is a *possibility*, you're more likely to see it as a way out and it becomes the focus. Whether you see it as a





sense of possible relief or a boogeyman that represents your worst fears, you've taken the focus off of what's really important--the love you have for each other.

That's why, instead of trying to stop divorce, we want to focus on **building your marriage** into something **beautiful** and **enduring**.

So, for the time being, we're going to forget about the idea of divorce. Put it out of your mind. You're not going to read that word anywhere else in this book from here on out.



Marriage Maintenance Checklist

A marriage is like a car. It has a lot of moving parts--many systems that work together in order to keep it running safely and efficiently. If properly maintained, it can keep you on the road for life, but if you neglect maintenance, it will grind to a halt... or even go up in flames.

In this section I'll help you identify the different mechanisms at play in your marriage. I'll also help you understand what's working and what isn't. This information will be vital in building your marriage plan.

CONFLICT

A relationship without conflict is not possible. It's how we deal with this conflict that determines how it affects the relationship. I'm going to tell you something that you've probably never heard before from any marriage expert...

Conflict is actually good for your marriage.

Let me explain.

Huge fights, screaming matches, and hurtful insults aren't going to help your marriage, but they're not the only way. If you can learn to manage your conflicts with restraint, compassion, and curiosity, you'll begin to see that these conflicts shine a light on everything in our marriage that's not working, and gives us the information we need to bring us closer together.

Let's take a real life example. Take one of my clients Marley and his wife Chanice. One of the ongoing conflicts they were having when Marley first reached out to me went something like this:



“Things had been so tense between us lately that I decided to cook Chanice and I a nice dinner. I put out candles, the good china, and I made her a delicious roast--her favorite. She didn’t so much as thank me or even offer to clean up. So I just left the dishes in the sink and went to bed. The next day, she was furious. She said that I made this huge mess and didn’t clean it up. But I made the mess doing something nice for her! Doesn’t that mean anything!? Anyway, it just escalated from there. I ended up on the couch for a week. I don’t think I did anything wrong but I apologized just so we could move past it.”

So, what went wrong? Well, when I dug into the issue further with Marley, we discovered something. This wasn’t the first time Marley had left a huge mess for Chanice to clean up. In fact, it was quite a common move for him.

When he spoke about it with Chanice, she said that it made her feel taken for granted. On a night when she was looking forward to just

unwinding and watching TV, suddenly she had to spend an hour doing the dishes and cleaning up the kitchen after Marley. Now, whenever she saw a roast on the table, it filled her with dread thinking about the cleanup she'd be expected to do (with no word of thanks).

This blew Marley away. He'd never considered that side of things before. Growing up, it was the rule in his house that one spouse would make dinner and the other would clean it up. Chanice said that it didn't feel like a treat for her if she was now expected to do a bunch of dishes.

Little did Marley know that he was making one of the three **Marriage Murdering Mistakes**. These mistakes are so common and yet so harmful that they can directly lead to divorce if not corrected. [Check out this free video on my website to learn more.](#)

SAVE YOUR
MARRIAGE
✓ PROVEN TECHNIQUES



WATCH THE VIDEO

**SIMPLE, PROVEN TACTICS
TO BRING BACK THE SPARK**
(EVEN IF YOUR SPOUSE
WANTS A DIVORCE)

Talking about it calmly taught them both about each other's priorities and emotions surrounding this common problem they were having. They reached a compromise. When Marley surprised Chanice with a big dinner, he'd also do the dishes. In return, Chanice made sure to show him how grateful she was for his hard work and selflessness.

Hopefully, this illuminates how conflict can actually be a driver of understanding, intimacy and, ultimately, change.



3 Simple Tips For Preventing Conflict With Your Spouse...

1 The 30-Minute Rule:

Set a “rule” whereby you must wait at least 30 minutes before you mention something (ie. something critical, “nagging,” or anything that might result in an argument) to your spouse. Taking 30 minutes to think things over before bringing up a complaint or issue allows you to cool down, step back, and take a look at the bigger picture. Sometimes you may realize that whatever it was you were upset about isn’t worth an argument, and other times it may just give you time to think about how you can discuss the topic with your partner in a civilized, non-confrontational manner.

2 Begin Sentences With “I” Rather Than “You”:

One Harvard professor who specializes in marital conflict suggests using the word “I” in an argument to avoid escalation (for instance, when you’re

making a complaint to your spouse). This one is especially useful when you're saying something that your partner might call "nagging"... if you have a complaint about something your spouse is doing — leaving dirty dishes in the kitchen, for instance — then start your sentence with "I" when you broach the subject.

3 Use Humour To Defuse An Escalating Argument:

If you find yourself in an argument with your spouse over something silly, humour can be an incredibly effective way to defuse things and bring perspective to the argument. All you have to do is make an appropriately-timed joke or amusing comment when things are getting out of hand. It doesn't even have to be that funny... a bad pun or silly joke is usually fine, because it lightens the mood and helps both you and your partner see the bigger picture.

Sex

Sex is the spark plug. I say this because sex is vital for any marriage: it increases our intimacy and creates a connection like nothing else. It is one of the most misunderstood and taboo parts of marriage and so problems here can easily fester and grow out of control.



Here are some of the potential problems surrounding sex in a marriage:

SELFISHNESS: there is an imbalance in the give and take of pleasure in your sexual encounters. This can lead to resentment and scorekeeping.

PERFORMANCE ISSUES: Whether it's difficulty maintaining an erection, problems with lubrication or difficulty achieving orgasm, this can easily become a mental barrier that's hard to overcome.

WITHHOLDING: When one or both of you deny each other sex as punishment or in order to maintain power in the relationship.

DIFFERING SEX DRIVE: There is a natural imbalance in your sexual desire, making it difficult for both of you to achieve satisfaction.

FETISHES: A sexual hangup or desire that is outside the norm. Fetishes can lead to shame and misunderstandings in the bedroom.

BOREDOM: Sex in a marriage can easily become routine and routines can quickly become stale.

This guide doesn't offer solutions to these problems in detail, but identifying them in plain language will make them easier to face directly. Which of these problems affect your sex life? Pick the most pressing issue and start there.

Perhaps the most common problem is differing sex drive. If you and your spouse have different ideas about how often you should be having sex, this can really create a problem in the bedroom. Remember **that this is normal**.

Sex shouldn't feel like a chore, and it shouldn't be done as a favour for the other person. You need to make an effort to understand your partner's body and their needs and use this information to inform your intimacy.

What I want you to do right now is take the first step to improving the sexual health of your marriage. This step will be different depending on your particular relationship but here's a place we can all start... I want you to do something right now to show your partner you find them attractive. It just takes a simple text message to start this journey.



Opinion

This is one of the biggest sources of tension in interpersonal relationships, but luckily it's also the easiest to solve.

The great thing about opinions is that they don't often intersect with how we live our lives. Remember that they're only as important as we make them. If differing opinions are creating big problems in your marriage, you need to learn to pick your battles.

Where we get real problems is where these opinions come into contact with reality. For example, maybe your spouse wants to raise your children without religion and you want them to go to church. These are opinions worth discussing, calmly, with a mind towards finding a solution that works for everybody.

Expectations

Expectations are about our desire to have control in our relationship and our life. If our spouse doesn't live up to them, this disconnect between what we want and what we have is a source of emotional pain. Loosen your grip.

If your marriage is in serious trouble, I want you to do something for me right now-- drop all the expectations you have of your spouse. Imagine your life without them in it. You'd have to rely completely on yourself to maintain your life. Could you manage? What would be missing?

Take an inventory of your own wants and needs in life. Figure out which ones are being fulfilled, and which ones are lacking. This simple inventory can help put into perspective what's really important to you.

You see, the modern conception of marriage is that your spouse needs to fulfill your every need. They must be your therapist, your best friend, your muse and your caretaker. The truth is that this is an impossible standard to hold anyone to and it's a huge driver of the epidemic of marital problems around the world.

You know who should be your therapist? An actual therapist. You know who should be your best friend? Your best friend.

If you're currently relying on your partner to fill in these gaps, I recommend you start there. Obviously you'll want to confide in your partner and lift each other up when you're feeling down, but **having a support system outside of your marriage is key for success.**

So manage your expectations of what a marriage can be and you'll find that you can get more satisfaction from less effort and, when all is said and done, you'll have a fuller life.



Money

The amount of money in our bank account can easily feel like a measure of our self worth and our safety. Because of this, fights about money are really about so much more. If one of you isn't contributing the same amount or is spending carelessly, this can create a real problem.

This makes us feel that our work isn't being valued or that they don't take our needs into consideration. Stop.

Remember...money isn't your fuel; love is.

If you can keep the role of money in perspective, you'll actually have a better chance of improving your financial situation. This is because if you separate the number in your bank account from your sense of self worth, you'll be able to really see your financial situation with clear eyes.

I recommend couples who frequently struggle with money look at budgeting. It's not fun or sexy, but an effectively laid out budget can take a lot of stress out of your relationship. There are even services available that keep track of your transactions so you know how and where you're spending your money to make it easier to plan for the future.

Broadly speaking, I always advise my clients to live more frugally whenever possible. Cutting expenses where you can will lead to greater financial stability and that can only help your marriage in the long run.

One money-saving tip I give to struggling couples is to forgo marriage counselling and look elsewhere to fix their failing marriage. [This free video on my website](#) can tell you more about how to begin this process.

HOW TO SAVE YOUR MARRIAGE



Children

I don't care who your children are... kids are a stressor in every relationship. They require a lot of time, attention, and money. But they're also what makes it all worthwhile at the end of the day, and if you can properly manage them, they can be a source of immense joy and marital satisfaction.

It's important to **present a united front** when it comes to how you handle your children. Namely, get on the same page about what the rules are and enforce them in the same ways to avoid confusion. This tactic will have the effect of actually bringing you and your spouse together, uniting you against a "common enemy" of sorts.

But there's also cause for concern here. It's common for children to come to dominate a marriage--becoming the *only* bond between you and your spouse as they eat up your time and emotional resources. This is why some people "stay together for the kids"... and break up as soon as they're out of the house. Don't let it happen to you.

You need to **focus on your alone time together**. Put systems in place that allow you two to exist as separate from your children from time to time. It can be as simple as taking a walk together after dinner, or getting a babysitter once a week so you can spend some time alone. It's not always realistic when you have young children to support, and that's why you need to **make it a priority** or it just won't happen.

When I tell couples to put the health of their marriage first, I often get pushback. The truth is, it's in your children's best interest that their parents have a happy and healthy marriage- this is what they're going to model their relationships off of when they grow up.



Romance & Affection

For a lot of couples, the last romantic moment together was their honeymoon. It's easy to let real life creep in--bills, responsibilities, children--but you can't let it get in the way of romance.

Let's talk about the difference between **romance** and **affection**. This may seem pretty obvious, but it's an important distinction for one reason: **you need both romance and affection to keep a marriage running well.**



Affection is the little things: a touch on the shoulder, a kiss, a hug at the right time. Affection is the look in your eyes when you see them after a long day or the easy laughter that comes from being silly together.

Romance is affection's more performative cousin--it's more "action-oriented". Basically, romance is the effort we make to make the other person feel loved, appreciated, and taken care of. This can come in the form of a candlelit dinner, a night under the stars, or a sexy scavenger hunt.

Romance requires going out on a limb to surprise and delight your partner. It means saying and doing things that don't come naturally, which is exactly why it's so often neglected and so powerful. Romance isn't something you do every day. It's special because it's occasional, and it's important that you make the effort more often if you want to improve your marriage.

The Past

Think about your vehicle's history--it's important to know, but useless to dwell on. Similarly, you should make an effort to understand your partner's past (both romantic and otherwise) and your own. Obviously, you've learned plenty about your partner's past simply from being with them for so long, but chances are you never sat down and made a point of getting the full story in their words.

The importance of dredging up the past will depend on your particular marriage and your particular spouse but if you're running into similar problems again and again, it is worth taking that extra step to understand them more fully.

Remember, **the past is not a weapon to use against your partner** but rather a tool you can use to better understand them. This means you shouldn't use it to try to get your own way in a fight or as an excuse to dismiss their concerns.

In fact, it's almost always better not to bring it up at all in a conflict. Instead, look to the past when you're looking to understand their feelings about a particular action or topic.

Maybe your husband is particularly jealous about your new male coworker. You can't understand why he'd get so fixated on this man who means nothing to you. But if you know that in his past he had a girlfriend cheat on him with a coworker, suddenly it all becomes clear.

So leave the past in the past. Only use it to understand, not to attack.





Steps To Take Right Now

This book is filled with ideas about how to rebuild your marriage from the ground up, but change can be difficult and scary. In this section I'll give you steps to take--right now--to improve your marriage. This is what I call **“Immediate Impact Actions”**.

IMMEDIATE IMPACT ACTIONS

Immediate Impact Actions are “easy wins” for your relationship that will give you the confidence to make more sweeping changes as time goes on.

Write Down The Important Dates

Forgetting an anniversary is one of the most common reasons fights happen in marriage, it's also the most avoidable. Don't let it happen to you.

Write it down on a calendar *right now*.

Go beyond that and try to remember anniversaries for things besides your wedding like your first kiss, your first date, or the first time you said "I love you". These aren't necessarily things your spouse will expect you to remember, which will make it all the more special when you surprise them with a small gift or even just some kind words.





Build A Budget

In the previous section entitled “Money”, I spoke about the importance of money management. If money is creating a huge strain on your marriage, there’s no better time than right now to begin budgeting.

Creating a budget can be daunting, so let’s start small. You need to figure out your monthly income after taxes and then your monthly set expenditures--the bills you know are coming in every month including rent, heat, electricity and internet.

With this information you'll be able to begin the process of saving. Most online banking allows you to set up automatic withdrawals so that every month, a little from every paycheck goes into a savings account. Figure out a reasonable amount you can spare every month and set it aside.

Remember in this process you should not make a distinction between your and your spouse's money. You need to look at it holistically--meaning that there should be no separation of finances between you two. This can be a difficult step for some, but it's very key when it comes to mindset.

If you've been having marital problems, then chances are you've developed some **resentment** towards your spouse. Whenever you can share something with your spouse whether it's your pension or a home-cooked meal, you'll start to develop the sense that you two are on the same team.

Surprise Your Spouse

This is something you can do right now. Make the effort today to surprise your spouse with something nice.

It can be a compliment, a date, a gift. Really, what form the surprise takes doesn't matter--it's the thought that counts. It can be as simple as picking them a flower from the garden.

If you're in the middle of an ongoing fight, you may think now is not the time to surprise your spouse. Actually, now's the best time. You can show them that you're still the person they fell in love with and that even though you two are fighting, making them happy is still your priority.



Try Out “Mend The Marriage”

Despite our best efforts, it’s a fact that around half of marriages end in divorce

This is difficult to face, especially when you realize so many of those divorces are preventable. Sometimes it’s due to the slow fade of intimacy and passion, or because of the three Marriage Murdering Mistakes you’re making without even knowing it.



If you're reading this and are afraid you're heading towards divorce...

...then you need to [check out my brand new video](#) that will show you how to **stop the downward spiral and breathe some life back into your relationship** (even if your spouse is insisting on separation or divorce right now). In the video, you'll learn about the 3 Marriage Murdering Mistakes and how to stop them before they destroy your marriage for good.



Free Video Reveals...

HOW TO SAVE YOUR MARRIAGE

- Learn what to say to your spouse
- Make your spouse **obsess about you again...**
- The three marriage mistakes that are **killing your marriage right now.**

www.MendTheMarriage.com

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Focus On Gratitude

When we're dealing with ongoing marital issues, we tend to lose sight of what's important: love. Remember that you chose to marry this person for a reason. They make your life better in a hundred different tiny ways. It's easy to let your gratitude go unspoken and assume that they know how you feel.

Instead, tell your spouse something about them that you're grateful for. It may feel difficult for you to be open like this, but the harder it is for you, the more powerful it's going to be for your spouse.

Simply looking your spouse in the eyes and saying "thank you" has the power to transform your relationship.

Listen Actively

Distraction is a killer in any marriage. If you've been together awhile, chances are that you don't always listen to them when they speak. You may feel like you have already heard everything they have to say.

The truth is, when we stop listening is when we stop understanding. You miss out on more than just small talk--you miss indicators that your marriage is really in trouble.

So put down your phone and focus on active listening. You'll be surprised just what your partner has to say.





In The End, Can You Really Save Your Marriage On Your Own?

The answer is *yes, you can*.

You don't need anyone else's help to fix your marriage, not even your spouse. Through the teachings in this handbook, you've already gained powerful tools that can completely transform your marriage, completely on your own.

That's the difference between my approach and traditional marriage counselling. You'll never hear me say that marriage counselling doesn't work for some couples--it does--but marriage counselling is difficult to recommend due to its high cost, and the extra pressure that it puts on the relationship.

You see, **it's possible to save your marriage on your own, without a marriage counsellor, and even without your spouse knowing you're doing it.**

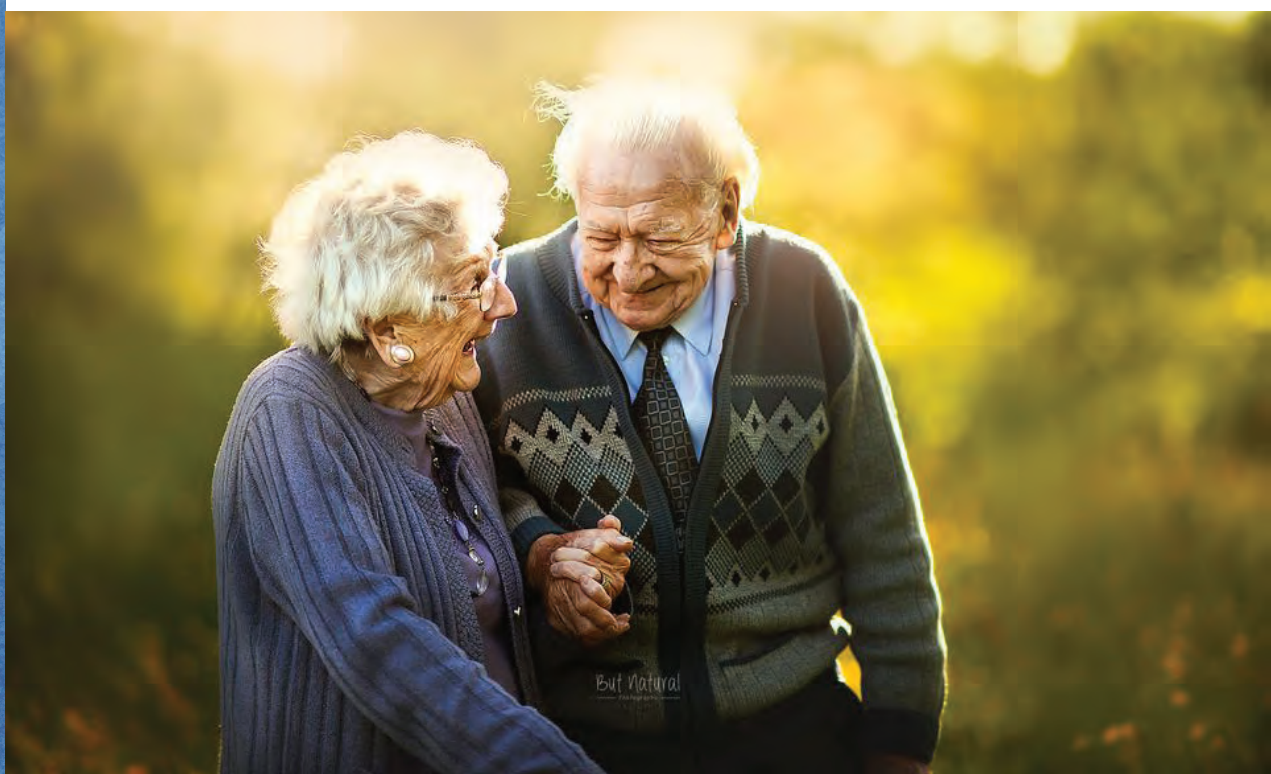
This is because my approach is different. It's based around a set of proven strategies and techniques that you can begin implementing today to begin making positive changes to your marriage... without your spouse's help.

I encourage you to [watch my full free video presentation right now](#) to learn several key concepts that have the power to breathe life back into your dying marriage, including:

- How to stop making the 3 **“Marriage Murdering Mistakes”** that have destroyed so many relationships;
- How to **use my “Dispute Defusing System”** to help **stop any argument in its tracks**, leaving your spouse feeling victorious without you actually giving in to any of their demands;

- How to employ a series of little-known **“Immediate Impact Actions”** -- small, subtle, techniques that make an extremely powerful impact -- to **start changing how your spouse feels about you and your future together**;
- How to use my **“Big 6 Bond Builders”**... these are simple but extremely powerful actions that will make your partner forget about all the doubts and uncertainties they have about the marriage, and force them to feel closer, and more intimate with you than ever before.

...and much, much more.



These techniques have helped tens of thousands of couples from over 100 countries repair their broken marriages and re-build happy, loving marriages that stand the test of time.

Learn how to get started right now simply by watching my [free tutorial video](#). Don't wait until it's too late - take action today to begin transforming your relationship.



Thanks for taking the time to read this special free e-book... and best of luck repairing your marriage! I'll be rooting for you.

Best regards,

Brad Browning

Relationship Coach & Best-Selling Author

www.MendTheMarriage.com