

Collaborative Divorce, “10 common problems in Marriage”

1. Communication Issues
2. Ignoring boundaries
3. Lack of Sexual Intimacy
4. Emotional or Sexual infidelity
5. Fighting about money
6. Selfishness
7. Differing Values
8. Age differences
9. Boredom
10. Jealousy

Marriage.com “10 Most Common reasons for Divorce”

1. Infidelity or extra marital affair
2. Trouble with Finances Differing values
3. Lack of Communication
4. Constant arguing (this is a symptom of lack of communication)
5. Weight gain – lack of attraction
6. Unrealistic expectations
7. Lack of intimacy
8. Lack of equality
9. Lack of good pre-marriage preparation.
 - 75% all ages, blame not being prepared
 - Divorce rates highest in couples in their 20's
 - 50% of divorces occur in the first 10 years, between the 4th and 8th anniversary
10. Emotional or physical abuse

Yourtango.com “The 12 Common Problems That Threaten Even Happy Marriages”

1. Overstepping boundaries

Trying to change the other person, lack of respect, Parenting them.

2. Lacking Complete Communication

Talking to understand, sending and receiving information

3. Letting Things Go in the Bedroom

“Sex may seem like a small piece of the marriage puzzle, but it’s actually rare to have a healthy relationship without it.”

4. Wandering Focuses

Taking each other for granted and focusing on hobbies, children, careers, friends etc

5. Emotional Fidelity

6. Fighting about money

7. Waning appreciation for one another

8. Technology interference

9. Selfishness

10. Lack of trust

11. Uncontrolled Anger (Communication? Lack of respect, lack of equality)

12. Changing Ambitions

self.com “The Number One Relationship Problem, According to Therapists”

1. You're bad at communicating.

Lack of effective communication, argue, disagree without threatening one another

2. You're not having enough fun together.

Date night is boring

3. You're too busy.

“After the initial intense experience of being in love, they don't recognize that their marriage needs nurturing. They let it run on autopilot and eventually start bickering a lot, or get bored with each other, or intimacy disappears, or someone has an affair.”

4. You're insensitive – or too sensitive

Feelings get hurt a lot, resentment festers

5. You're codependant

Dr. Daniel Selling, psychologist and director of Williamsburg Therapy Group. “A lot of it comes down to accepting who our partners are, rather than trying to bend them to who we want them to be. A lot of people enter into relationships because there's attraction, there's chemistry, there's a lot that they like—but there's also a lot of fantasy that they will become who they want them to be. Couples that really thrive accept the good and the bad of each other.”