

THE ART OF BEING INDEPENDENT



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Contents

Preface.....	4
Chapter 1. A Brief History How Women's Freedom and Independence Were Won.....	8
Chapter 2. Financial Independence.....	14
Chapter 3. Independence in Interpersonal Relationships "Personal Boundaries".....	20
Chapter 4. Examples of Boundaries.....	42
Chapter 5. Nine Commandments for Family Well-being.....	46
Chapter 6. The Most Challenging Aspects of Establishing Boundaries.....	75
Chapter 7. Attraction Lies in Difference.....	105
Chapter 8. Mutual Obligations of Spouses.....	121
Chapter 9. For Where Your Treasure Is, There Your Heart Will Be Also.....	133
Chapter 10. Causes of Family Triangles.....	151
Chapter 11. Mutual Obligations of Spouses.....	169
Chapter 12. Behavior of Spouses Who Respect Personal Boundaries in Conflicts.....	176
Chapter 13. Behavior of Spouses Who Do Not Respect Others' boundaries in conflict situations.....	179
Conclusion.....	204

The task of art is not to copy nature, but to express it.

O. Balzac.

Preface

This book is dedicated to my daughter and to all who aspire to think differently. The impetus for writing this book stems from a desire to assist married couples in understanding the matter of spousal independence within marriage, while also inspiring them toward healthier and more balanced partnerships.

It comprises numerous parental guidelines and lessons imparted to the daughter. Subsequently, the idea emerged to consolidate these reflections into a single volume, rendering it beneficial not only to my children, but also to all future generations of humankind.

Superficially, it may appear to concern only women, but that is merely a cursory assessment, as the lives of women and men are inextricably linked through familial bonds, making it impossible to address each in

isolation. Furthermore, drawing upon the foundation of familial relationships, I primarily illuminate the essence of the human personality: its influence on marriage, and marriage's influence upon it. Therefore, this book will prove beneficial not only to women, but also to men.

Nevertheless, my discourse will be directed primarily toward women. Why? This is because, based on my life experiences and observations of other married couples' lifestyles, I am left with the impression that little has changed since the Dark Ages. To this day, few people (both women and men) truly understand the significance of free and independent relationships between spouses. Yet, it is entirely attainable!

Considering the general meaning of "independence," most individuals can readily offer several definitions of the concept. For example: freedom from influence, lack of control, autonomy, absence of subordination,

freedom from the will of others, absence of power over anyone, and spiritual freedom.

Here are some further definitions of independence:

- Independence is the capacity to act and behave in accordance with one's own needs, perceptions, and judgments, rather than with environmental demands or the opinions of others.
- Independence is freedom of thought and action.
- Independence is a critical composition of the mind and special insight.
- Independence is a healthy cynicism and unconditional belief in yourself.
- Independence is the ability to defend your point of view in any situation.
- Independence is a vision of the world through the lens of one's own education.

Independence of personality is expressed in so-called assertive behavior. Assertiveness (from English *assertiveness*). This concept is close to the principles of Gestalt therapy:

- "I do not exist to meet your expectations; You do not exist in order to meet my expectations..."

Here we have looked at different definitions of an independent personality. Now let's understand: how, when you become spouses, we can properly build our boundaries in marriage with each other and at the same time – to be independent.

In fact, independence in marriage is not a limit introduced for your husband or wife. This book is not about how to change your husband or wife, how to squeeze him (her) into your own framework, how to make him (her) do something. I give examples of how best to have boundaries in your relationship to create such circumstances in a family that would contribute to your joint personal growth.

After all, no one can deny the fact that a woman, like any other person, has the right to develop a full personality. In ancient times, a woman was not considered a full personality

with men. And only in the nineteenth century, only a small number of women formed a true understanding of the concept of independent personality and how it can be used in a marriage relationship.

Chapter 1. A Brief History: "How Women's Freedom and Independence Were Won"

Why is it that only now do some women begin to realize what it means to be independent? Not so long ago, our grandparents and great-grandparents forbade our grandmothers and great-grandmothers not only to be independent but even to think about it. And only recently did ladies "dare" to defend their independence. The beginning of such changes in society was marked by the feminist movement in Russia.

Feminism then formed as a public movement in the middle of the XIX century. The primary purpose of the women's movement was to provide women with access to paid work and

education. Later, the main task was to achieve suffrage for women. It was achieved in the summer of 1917, when under pressure from the women's movement, the Provisional Government granted Russian women full suffrage.

After the October Revolution, the Bolsheviks initially cooperated with the women's movement. And thanks to such a union, feminists finally brought about reforms that could not be implemented for decades. But at the same time, the Soviet authorities did not approve of the existence of an independent women's movement, considering it bourgeois.

They used this movement to realize their own projection of emancipation aimed at political and economic mobilization of women in the interests of the state. Many problems of women were not solved, and these problems became the focus of the new feminist movement, which emerged in the late 1970s in dissident circles.

Then the almanac "Woman and Russia" came out. Its editors were Tatiana Goricheva, Natalia Malakhovska, and Tatiana Mamonova. Later, in 1980-1982, the team began publishing the magazine "Maria" and founded a women's club.

Feminist dissident magazines were devoted to problems that were silenced in Soviet society. They put special emphasis on the position of women: they covered the psychological problems of relationships between men and women, family problems, unequal participation of fathers and mothers in raising children, single-parent families, abortions, childbirth, rape, the situation of women in prison, and homeless women.

Many feminist dissidents were supporters of Christian values. Therefore, some authors call this movement "Christian feminism." The reaction to the women's movement was then quite contradictory: from compassion and solidarity to condemnation and misunderstanding; many generally considered

it "unnecessary." According to Tatiana Goricheva, none of the participants of the almanac team "Woman and Russia," except Tatiana Mamonova, dared to call herself a "feminist."

The members of the women's dissident movement worked closely with Western feminists, both in the USSR and later in emigration. At the same time, finding common ground was often difficult due to the significant differences between the Christian orientation of Soviet feminists and the principled anti-religious position of Western feminists.

Feminism in Ukraine appeared about 137 years ago. In 1884, the Society of Russian Women appeared in the city of Ivano-Frankivsk (then Stanislav). And in Lviv, "women's councils" were regularly gathered. There, they passionately defended equal rights with men and demanded permission to receive higher education. Later, women began to succeed in business and in politics and more

and more often raised issues of discrimination and pressure. The struggle of women for a place under the sun led to problems in their families – home responsibilities were not abolished... Men, in turn, began to complain about the "unpredictable" rival in the form of a woman.

Nowadays, feminism is treated as something negative, inappropriate. Not so many Ukrainian women dare to call themselves "feminists." One suggested that feminists are "aggressive man-haters." Other reasons are simpler. As one participant in a discussion on the Internet wrote:

- "My loved one asked if I was a feminist, and as soon as I started to give a detailed explanation on this topic, he immediately interrupted me with a rigid phrase: 'I do not want to hear the word "feminism" from you in relation to yourself! Otherwise...!'"

As we can see, dear women, the conquest of independence was not easy for us. I recall a time when my parents raised me with the

impurities of "Stone Age" ideology. And only now, studying my own mistakes, do I try to raise my children in the spirit of freedom and independence.

As it turned out in practice, this is not such an easy task. Why? Because my generation has to synthesize the education received and a new vision of this issue. And based on the result, instill proper thinking in our children.

In fact, based on the definition of a "perfect personality," a woman is not yet fully able to realize it within herself. The remnants of "prejudice" in the mind of modern society interfere. After all, no one will deny the fact that the attitude of men towards us, women, is somewhat biased.

Perhaps because they think: "If you allow a woman to develop as an independent personality, there will be a threat of losing their own independence, and women will rule over them." So why does such fear not occur in the male environment? After all, despite

their rivalry, they still perceive themselves as equal and complete...

I am in no way protecting the female gender. But the disadvantages of a woman have become a disadvantage only because she is not fully aware of what an independent woman and a full personality should be. After all, our society has not fully determined what the relationship between a man and a woman should be and what their role is in relationships with each other. But I am sure that we will reach a just balance with you.

Chapter 2.

Financial independence

What is the attractive idea of a woman's financial independence?

When a woman becomes financially independent of her husband and, in general, the environment, her life becomes more

intense and striking. Thanks to working on her personality, she gets many advantages:

- * Ceases to perceive another's opinion as one's own.
- * He is no longer afraid to make the wrong decision and get reprimanded for it.
- * Realizes freedom of action and can be freely expressed.
- * It becomes independent in relationships, and thus significantly strengthens the connection with your loved one.
- * Appreciates the happiness that a loving man brings to her life.
- * Can make a free decision to continue or terminate the relationship.

I believe that every independent man seeks to see a woman with himself a fun and confident: with his principles and beliefs, with his ideas and customs, not a dependent "gray mouse", which is afraid to stay alone in his boring and monotonous life.

A truly free life is arranged in such a way that both men and women should rely primarily on themselves. To love - yes. To trust - yes. To

help - of course. But the only resources you can count on are your own resources. This does not mean that we live in some particularly horrible world. This is an ordinary world, with ordinary people.

**** "An independent woman - builds her life and dependent - destroys it." **** (Proverbs 14: 1)

Along with an independent woman changes the role of a man in her life:

- * A man no longer translates the burden of responsibility for family survival.
- * He becomes a partner, a companion with whom it is just interesting to be nearby.
- * Family budget and worries can be divided in half, while everyone can retain the integrity of their personal wallet.

With this approach, it is no longer considered that the wife should pull all home worries only. European women in general can not even be able to cook, because they can also come from work and also dream of falling on the

couch. In Europe, wives have such behavior to do full law, and it is not perceived in society as something negative.

In addition, it is much easier for a woman to allocate funds from her budget for personal needs: beauty salon, spa, meeting with girlfriends or nanny at the time of a corporate party. In doing so, she should not prove the need to give the man every time to give time and money to purely female needs. In this chapter, I touched on more financial independence in marriage. In the next I will tell you in detail how to become independent in interpersonal relationships with my husband.

When a woman achieves financial independence from her husband and her environment, her life becomes more intense and striking. This leads to several advantages, including:

- She stops perceiving others' opinions as her own.

- She is no longer afraid to make wrong decisions or be reprimanded for them.
- She gains freedom of action and can express herself freely.
- She becomes independent in relationships, which significantly strengthens her bond with her loved one.
- She appreciates the happiness that a loving man brings to her life.
- She can make a free decision to continue or terminate a relationship.

An independent woman is seen as fun and confident, with her own principles, beliefs, ideas, and customs, unlike a dependent "gray mouse" who fears being alone in a boring and monotonous life. A truly free life for both men and women involves relying primarily on themselves. While love, trust, and help are important, personal resources are the primary ones to count on.

Proverbs 14:1 states, "An independent woman builds her life, and a dependent one destroys it."

With a woman's financial independence, the man's role in her life also changes:

- He no longer bears the sole burden of responsibility for the family's survival.
- He becomes a partner and companion with whom it is simply interesting to be.
- The family budget and worries can be divided equally, allowing both individuals to maintain the integrity of their personal finances.

This approach means it is no longer assumed that the wife alone should handle all household chores. For example, European women may not even be able to cook because they also come home from work and want to relax. In Europe, this behavior is fully acceptable and not perceived negatively by society.

Furthermore, it becomes much easier for a financially independent woman to allocate funds from her budget for personal needs, such as beauty salon visits, spa treatments,

meeting with girlfriends, or hiring a nanny for a corporate party, without constantly having to justify these expenses to her husband.

Chapter 3.

Independence in interpersonal relationships.

“Own borders”

In this and in the following chapters, I will talk not only about women's independence, but also about male. This concept is the name "own borders". On the example of private property borders, I will try to demonstrate a model of independent interpersonal relationships in marriage. Imagine that you are the owner of some private plot. The example of personal possessions will be easier for you to understand what and to whom it belongs, and therefore who and what is responsible. If your property has a house, a garden, a garden or an apartment in a multi -storey building, it means that you look after your own

possessions, protect them from external encroachments and only let those you trust.

The same thing happens in interpersonal relationships. Each of us has "our property" - these are our thoughts, actions, beliefs, principles, qualities of character, abilities, talents and soul in general. And here you meet a person you want to associate your fate with marriage. She is also the owner of "personal property". Now both of you depend on your peaceful coexistence.

If you are both full of mature personalities, then at the very beginning of your relationship you will start marking the boundaries of your own space.

Defining personal borders is:

- * The key to our happy coexistence in marriage;
- * Knowing oneself and another person as a person;
- * Continuation of self -improvement;

- * Gaining new experience in interpersonal relationships;
- * Warning and prevention of future marriage problems.

This is the perfect marriage and perfect relationship. But what to do if marriage originated spontaneously for a number of reasons not related to personal growth: when two, not yet reaching maturity and under the influence of hormonal bursts in the body, are thrown "in the whirlpool"? Further, absolutely not prepared for life together, they often make mistakes that, in turn, have some consequences.

Marriage is a serious, bold and risky decision. And this decision cannot be made irresponsibly, because marriage should stand firm on three pillars: freedom, love and responsibility.

Freedom, love, responsibility

Spouses are relationships that are based on love and responsibilities that, in turn, keep their roots for freedom. If every person is independent of the other, she is free to love her. But where the real or imaginary power of one above the other is present irresponsibly, there is no place for love. Love is a free feeling. Therefore, a person who loves is necessary: a sense of complete freedom - on the one hand, and a sense of responsibility - on the other. If at least one of these pillars is absent in marital relationships, then they come to their place: fear, addiction, distrust, insult, chaos.

This is stated in the book by J. Townsend "Marriage. Where does the boundary run?"

The Bible supplements: "Perfect love drives fear" (1, 4:18).

When two who love each other, they take the responsibility to do their best for the benefit of marriage, love knows no limits. And when the responsibility does not divide equally between

people, it turns out that one has to take too much, and it begins to accumulate insults.

At the same time, another, which is not responsible for anything, but only selfishly reaps the fruits of living together, frankly commands the first. If one of the spouses encroaches on the freedom of the other or shifts all the responsibility for the relationship, love begins to give its positions. Like a plant that fades in dry, non -fertile soil, the relationship of spouses is in waste in the circumstances of hostility and misunderstanding. But when these basic components of relationships are steadily adhered to, there is something incredible: their love and mutual understanding grows, and with them grows as a person and each of the spouses.

Freedom, love and responsibility require active action from the husband and wife. Guided by them, each of them changes: their attitude, their reaction, their actions, their decisions, their feelings, their character; is

actively involved in the search for the way to overcome any misunderstandings that arose in a relationship with a partner, even without guilt; Now everyone takes responsibility for their own: desires, mood, needs, shortcomings and life principles.

It is no secret that most people first allow others to drive themselves into a certain framework, and then they themselves are offended by those with whom they made such a mistake. By showing their powerlessness and weakness, they do not achieve the fulfillment of their desires, do not defend their principles, and do not protect "their own possessions" from external ruin.

There are certain patterns of human relationships:

- * Lack of freedom generates slavery. And slaves are known to raise the uprising sooner or later.

- * Lack of responsibility gives rise to addiction.

All this "devastation" accumulates over time, and as a result you can wake up "near the broken trough". Therefore, every newlyweds have a double task: on the one hand - to behave so as not to be a victim of bad character of a husband or wife; And on the other - to make changes in their character traits, To maintain healthy marital relationships. But the beginning of any changes is a complete awareness of personal responsibility for what is happening.

Here is an example. "His irresponsibility makes my life unbearable," Catherine began her story. Then she told a terrible story about how her husband behaves like a small child who does not want to grow up at all, and that he constantly shifts the burden of responsibility for the whole family on her shoulders. As her life with this person is a continuous suffering in both material and moral terms.

However, listening to her mental pouring, I realized that she was captured by personal

helplessness. I immediately came to mind many ways in which she could have permanently got rid of the influence of her husband's negative habits. After all, she had a lot of opportunities to help not only herself but also him. But all the trouble was that she did not understand how much it depended on her.

- And why not stop carrying all the consequences of his mistakes and every time rescued from the mess he gets into?

- What about what? Katya was surprised. She looked at me with confused eyes, and it was clear that she did not sincerely possess the situation.

It was difficult to understand: whether helplessness was upset, or simply frightened by the thought of such behavior... It was only that she considered my remarks a crime against her sincere love for her husband.

Subsequently, during our conversation, I realized why Katya was quite sure that nothing depends on her. She never felt free to decide

something. She has never thought that she had every right to her own opinion and her own behavior. Because of such stiffness, she felt the victim. At the same time, Denis - her husband - was influenced by the deceptive attempts to curb Catherine, when she somehow tried to influence him. He perceived her attempts as violence against the individual. In fact, no violence happened, he just could not realize it.

True love prevails only in marriage where freedom and mutual fulfillment of responsibilities are in close interaction with each other. Where love creates all the conditions for the development of freedom, which, in turn, is necessary to strengthen responsibility, which is the most important condition for love. The paradox is that love is impossible without freedom, and freedom is impossible without love.

So, if you work hard on yourself and your marital relationship, you can:

- * Become free from slave addiction, selfishness and negative inclinations;
- * Become more loving and loyal so that you can love a marriage partner even when he does not deserve it;
- * Strengthen in self-control and responsibility for their actions;
- * Feel loved;
- * Get deeper marital relationships.

Security

Imagine your home again with a surrounding area or apartment in a multi-storey building. What precautions will you take to protect your possessions? Probably, you will take care of your area with a fence, put reliable locks on the door and wicket, install an alarm or bring a specially trained dog. In other words, you will, on the one hand, not let "bad": thieves and fraudsters, and on the other - to let in "good": people close to you.

All of your possessions apply to your soul. You need such protective mechanisms of influence on the inner and surrounding worlds

so that, on the one hand, to protect your soul from the negative influences of the environment, and on the other - to allow it to find the necessary ability to overcome different difficulties in relationships with others.

Composure

There are three types of people:

- * The first deny the establishment of personal property limits, believing that it will be too selfish with their side.
- * Others, on the contrary, use similar limits for selfish purposes.
- * Others do not fully understand what are the boundaries of personal property, and therefore do not know how to create them.

Without the distribution of ownership limits, it is impossible to learn to possess yourself. After all, by defining the boundaries of personal territory, you in no way have the right to indicate to the neighbor what he should or should not do on his own. You also outline the

territory and your personality. And if someone encroaches on your "property", then you fully control the situation without allowing anyone to subordinate you or offend you. You do not allow another to own your face. You own yourself.

Self - control is a strong basis for a strong relationship in marriage. If you learn to own yourself, you will find the ability not only to resist your own selfishness, but also to love your other half more deeply. You will be able to create such a mental closeness in the relationship you are just dreaming of.

In this and the following chapters, I will discuss both women's and men's independence, focusing on the concept of "own borders." Using the example of private property boundaries, I will illustrate a model of independent interpersonal relationships within marriage. Imagine you own a private plot of land with a house, garden, or an apartment in a multi-story building. You are responsible for maintaining your possessions,

protecting them from external threats, and only allowing those you trust to enter.

The same principle applies to interpersonal relationships. Each of us has "our property" – our thoughts, actions, beliefs, principles, character traits, abilities, talents, and our soul in general. When you meet someone you wish to marry, they also possess "personal property." Your peaceful coexistence depends on both of you.

If you are both mature individuals, you will begin to define the boundaries of your personal space early in the relationship.

Defining personal borders is:

- The key to happy coexistence in marriage.
- Knowing oneself and another person as an individual.
- A continuation of self-improvement.
- Gaining new experience in interpersonal relationships.

- A warning and prevention of future marriage problems.

This describes an ideal marriage and relationship. However, what happens if a marriage begins spontaneously for reasons unrelated to personal growth, when two immature individuals, influenced by hormonal urges, are "thrown into the whirlpool"? Unprepared for life together, they often make mistakes with consequences.

Marriage is a serious, bold, and risky decision that cannot be made irresponsibly. It should be built on three pillars: freedom, love, and responsibility.

Freedom, love, and responsibility

Spousal relationships are based on love and responsibilities rooted in freedom. If each person is independent of the other, they are free to love. But where there is real or imagined power of one over the other, there is no place for love, which is a free feeling.

Therefore, a loving person needs a sense of complete freedom on one hand, and a sense of responsibility on the other. If any of these pillars are missing in a marital relationship, fear, addiction, distrust, hurt, and chaos will take their place.

This is discussed in J. Townsend's book "Marriage. Where does the boundary run?"

The Bible adds, "Perfect love drives out fear" (1 John 4:18).

When two people who love each other take responsibility to do their best for the marriage, love knows no limits. When responsibility is not equally shared, one person may take on too much, leading to resentment.

At the same time, the other person, who takes no responsibility but selfishly enjoys the benefits of living together, frankly commands the first. If one spouse encroaches on the other's freedom or shifts all responsibility for the relationship, love begins to wane. Like a

plant that withers in dry, barren soil, the relationship suffers in circumstances of hostility and misunderstanding. But when these basic components of relationships are consistently upheld, something incredible happens: their love and mutual understanding grow, and with them, each spouse grows as a person.

Freedom, love, and responsibility require active action from both husband and wife. Guided by these principles, each person changes their attitude, reaction, actions, decisions, feelings, and character. They actively seek ways to overcome any misunderstandings that arise in the relationship, even if they are not at fault. Each person takes responsibility for their own desires, mood, needs, shortcomings, and life principles.

It is no secret that most people first allow others to confine them within certain boundaries, and then they become offended by those with whom they made this mistake. By

showing their powerlessness and weakness, they fail to achieve their desires, defend their principles, or protect "their own possessions" from external ruin.

There are certain patterns of human relationships:

- Lack of freedom generates slavery, and slaves are known to eventually revolt.
- Lack of responsibility gives rise to addiction.

All this "devastation" accumulates over time, and you may eventually find yourself in a difficult situation. Therefore, every newlywed couple has a dual task: on one hand, to behave in a way that prevents them from becoming a victim of their spouse's bad character, and on the other hand, to make changes in their own character traits to maintain healthy marital relationships.

The beginning of any change is a complete awareness of personal responsibility for what is happening. Here is an example: "His

irresponsibility makes my life unbearable," Catherine began her story. She described how her husband behaved like a small child who refused to grow up, constantly shifting the burden of responsibility for the entire family onto her shoulders. Her life with him was a continuous struggle, both materially and morally.

However, listening to her story, I realized she was trapped by personal helplessness. I immediately thought of many ways she could have permanently freed herself from the influence of her husband's negative habits. She had many opportunities to help not only herself but also him, but the problem was she did not understand how much depended on her.

"And why not stop bearing all the consequences of his mistakes and rescuing him from the messes he gets into every time?" I asked. "What are you talking about?" Katya was surprised. She looked at me with confused

eyes, and it was clear she did not fully grasp the situation.

It was difficult to understand whether her helplessness was upsetting her or if she was simply frightened by the thought of such behavior. She considered my remarks a crime against her sincere love for her husband.

Subsequently, during our conversation, I realized why Katya was so sure that nothing depended on her. She never felt free to decide anything. She never thought she had every right to her own opinion and behavior. Because of this rigidity, she felt like a victim.

At the same time, Denis, her husband, was influenced by deceptive attempts to control Catherine when she tried to influence him. He perceived her attempts as violence against his individuality. In fact, no violence occurred; he simply could not realize it.

True love prevails only in a marriage where freedom and mutual fulfillment of

responsibilities are in close interaction. Where love creates conditions for the development of freedom, which in turn is necessary to strengthen responsibility, the most important condition for love. The paradox is that love is impossible without freedom, and freedom is impossible without love.

So, if you work hard on yourself and your marital relationship, you can:

- Become free from slave addiction, selfishness, and negative inclinations.
- Become more loving and loyal so you can love your marriage partner even when he does not deserve it.
- Strengthen your self-control and responsibility for your actions.
- Feel loved.
- Develop deeper marital relationships.

Security

Imagine your home again, with a surrounding area or an apartment in a multi-story building. What precautions would you take to protect

your possessions? You would likely fence your area, install reliable locks on doors and gates, set up an alarm, or get a specially trained dog. In other words, you would keep out "bad" people like thieves and fraudsters, and let in "good" people who are close to you.

All your possessions include your soul. You need protective mechanisms to influence your inner and surrounding worlds. These mechanisms should protect your soul from negative environmental influences while allowing it to develop the necessary ability to overcome difficulties in relationships with others.

Composure

There are three types of people:

- The first denied establishing personal property limits, believing it would be too selfish.
- Others, on the contrary, use such limits for selfish purposes.

- Others do not fully understand what personal property boundaries are and therefore do not know how to create them.

Without defining ownership limits, it is impossible to learn to possess yourself. By defining the boundaries of your personal territory, you do not have the right to tell your neighbor what they should or should not do on their own land. You also define the territory of your personality. If someone encroaches on your "property," you fully control the situation, preventing anyone from subordinating or offending you. You do not allow another to own your face; you own yourself.

Self-control is a strong foundation for a strong relationship in marriage. If you learn to own yourself, you will not only resist your own selfishness but also love your other half more deeply. You will be able to create the kind of mental closeness in the relationship you only dream of.

Chapter 4.

Examples of borders

In the social world, where communication occurs at the level of the soul, personal boundaries also exist. Everyone protects their territory in different ways: some politely, others rudely, and some may even be aggressive. Therefore, human beings are endowed with special abilities that help them distinguish between interpersonal spaces.

Let's look at some of them.

Using Words

Words are the basis of interpersonal communication. The words you utter convey information about who you are and what you stand for. They enable others to either understand you deeply or, conversely, mislead the interlocutor about your true self. It all depends on the purpose you pursue.

It is very detrimental when concepts like "openness" and "honesty" are absent in a marriage. Consequently, a general understanding between spouses suffers. Each partner constructs a purely subjective picture of the other's personality in their mind. Very often, such a picture is false because a person is inclined to see only through the prism of their "I." In other words, not knowing the truth, we subconsciously attribute our feelings, thoughts, character traits, motives, desires, needs, etc., to others. Therefore, we lack the opportunity to objectively evaluate a person.

Emotional Distance

It happens that one of the spouses:

- Causes mental pain to the other.
- Does not want to change their abusive attitude.
- Is irresponsible with marital duties.
- Does not pay attention to the mental and emotional needs of the partner.

- Betrays trust by starting a relationship outside the marriage.

In such cases, it is unreasonable to continue believing that the situation will change by itself. However, you should not draw hasty conclusions and act impulsively, such as leaving home for parents or friends, or immediately packing a partner's suitcase and expelling them.

The smartest and most positive impact on your cohabitant will be the following:

- *To avoid making rash decisions when angry, take a pause.* This is necessary to: first, prevent you from saying something regrettable under the influence of offended feelings; second, allow a short pause to cool down and analyze the situation; and third, prepare for the next stage.
- *The next stage will involve "arming" yourself.* This means you need to gather everything necessary: competent advice, essential information about yourself and your partner, words that can positively

influence your husband/wife, the support of reliable people, patience, endurance, and love.

- *"Armed," act.* Regardless of whether your husband/wife apologizes or not, you should take the initiative to resolve the conflict. Your preparation will help you achieve this.

When maintaining an emotional distance, remember: you should do all of the above with a pure soul and good intentions. Otherwise, if you are guided by vindictive motives, your attempts at reconciliation will be doomed to failure, and you will not achieve the desired result. You must be sure that you are acting out of love, not selfish desires.

This protective mechanism will safeguard your marriage from unnecessary tension and your spouses from moral harm. It will be the safest step to preserve your relationship.

Chapter 5.

Nine commandments of family well-being

In this chapter, I will only touch each of the commandments of interpersonal relationships, because each of them has a rather deep implication. The first commandment: "What you sow, then you will reap" Maria and Alexander were married for eight years and loved each other very much. However, when Sashko was upset or evil, he usually went gloomy, locked himself, stopped talking to Mary and children, occasionally exploding in anger outbreaks. One such day, the children began to quarrel at the table. Suddenly Sasha flashed:- Marie, you can't calm children?! Is I not at home even at home?He stood up and left the kitchen, slamming the door. He went to his room, turned on the TV and sat there until the children were sleeping.

Mary was lost and very offended. But she was used to the fact that when a man has a bad mood, he is very rude and does not pay attention to it. She believed that tact and patience should be given to him. After all, he

has such hard work and he needs care and attention. And she told the children that they should not upset their dad, that they should pay attention to his mood. So when the dad was at home, everyone was literally on the way. No one could complain about or express his daddy away from himself. Each time Mary tried to "breathe in a man of life", cheer him up, regain his lost joy. All her spiritual forces went to bring Alexander into a state of internal equilibrium. She fought without laying her hands to change her husband's behavior in some way. But it has just deteriorated. Sashko was not aware that something was wrong with him. "You exaggerate everything," he told his wife. And sometimes he even blamed her for his bad mood.

Marusi and Sasha's tight relationships illustrate the first commandment of family life. After all, in the marital relationship, the commandment: "What you sow, you will reap" plays a priority role. Without it, it is impossible to build mutually beneficial and fair relationships with any person, and even

more so become a real person. If this commandment has not been learned by you or your husband still a child in your home, then it will be immediately manifested in your marriage. And in the relationship between two different personalities, it can lead to undesirable consequences.

If you have met such a person, then you have to make a difficult choice: either to do it upbringing, or to endure your lifetime, or to part. As the life experience shows, many choose all three options - in turn. In any case, it will be very difficult to pass them, even separately. It all depends on how mature and loving people are.

Second Commandment: “Be responsible to each other, not for each other”

This commandment is a direct complement to the first. You can fully support each other "both in the mountain and in joy", but in the end, each of you must monitor the clear fulfillment of your own daily responsibilities.

What does this mean:

- * not only to love your husband/wife, but also to show your feelings for him (her) - both in words and in actions;

- * take responsibility only for your own: feelings, mood, actions, desires, personal growth and character traits;

- * Do not carry the "burden" of your husband, that is, not be responsible for everything that he must be responsible for himself.

Failure to comply with these simple rules can lead to two opposite extremes. On the one hand, you can become a hostage to another's irresponsibility and pull the burden of both of you; On the other hand, to become an irresponsible manipulator. A uniform distribution of responsibility for two will help you maintain a balance of justice in a relationship, and will contribute to your spiritual rapprochement with your husband/wife to avoid an unpleasant feeling of loneliness in marriage.

Third command: "Don't try to process another person so that you are more comfortable living with it"

This commandment can cause you confusion, namely: what changes in your family life depend on you and which are not. In other words, what is subject to change in a relationship with your husband/wife, and what is not in your power. Therefore, as practice shows, each of the spouses tries first of all to change their husband/wife, but not themselves. This is how our selfish essence dictates us.

In fact, if you really want to be truly happy in marriage then you are not eligible:

- * dictate to other people how to behave, what to think and what to feel;
- * make someone get rid of bad habits, change their character or grow as a person;
- * "Fit" another person under their ideals. You can't change it.

Everything in your power is:

- * be patient, endurance and self - control;

- * recognize the existence of their own shortcomings;
- * bring them for joint discussion;
- * tell your husband/wife about what you feel;
- * In discussing the current situation, you can find out: whether you have passed the boundaries yourself in relations with it (it);
- * show a willingness to change yourself and change the situation in favor of your relationship.

After all, 100% sinless people, as you know, do not happen. No matter how unpleasant your (s) is your (s) husband/wife, whatever harm you did (-la), you probably have something to work on. Be prepared for what your husband/wife will tell you. Perhaps something in your behavior or words also injured him (her). Treat with understanding of his (her) unpleasant sensations. Nothing contributes to the maturity of marital relationships as a sincere desire for a husband or wife to change. And the next commandment will help you.

The fourth commandment: "You want others to respect your freedom," respect the same freedom of others."

I once met my acquaintance in a hairdresser. Each of us talked about our achievements. I shared with her the news that she was busy writing the book "The Art of Being Independent". To which she answered me:- And in my marriage, I only command myself. My husband does not care about anything! In her words, a well - known idea was read: I want to enjoy unlimited freedom, and I am not satisfied if someone else's freedom is restricted.

A little later, my husband and I were visiting our friends - Oksana and Victor. This married couple demonstrated exactly the same distorted understanding of personality freedom. Victor complained that sometimes Oksana was finding something, and she locked himself for no reason. To which Oksana immediately answered:

- The reason is just. I lock out when I try to tell you "no" and you press on me. Victor began to deny it. But Oksana did not immediately discuss the details, but simply answered:

- It seems to me that we have different points of view on the same question. The topic of conversation has changed, we talked a little about everything. At the end of the evening, Victor invited my husband to take part in the campaign of servicemen which will take place in two weeks. To which he replied:

- Sorry, I can't.

Victor demonstratively lowered his hands and said with an exaggerated mocking tone:

- Oh, oh, oh! He can't! Yes. Put your business to meeting your friends.

Oksana watched us all the time. She did not resist and exclaimed:

- It is exactly what I was talking about. This is how he behaves when I tell him "no". Begins to press on me.

Victor asked in surprise:

- And what do I do? I have already intervened here:

- With all respect for you, Victor, your wife is absolutely right. After all, you even press on my husband before he will have time to consult with me, and then answer you "yes" or "no". As soon as we discuss this question, it will definitely give you an answer.

Victor finally realized his desire to make his best with an invasion of the boundary that separates another person's property. It shows disrespect for someone else's ownership. Subsequently, he realized that everything in this life should be paid.

So don't expect someone to pay attention to you if you don't pay attention to others. By their sinful essence, people are inclined to respect only their own: thoughts, views, achievements, and sometimes even attribute to themselves non - existent "exploits". This is because each of us subconsciously seeks perfection. We compare ourselves to those

ideals that we want to be like. We assign ourselves what we really do not have. And God forbid us from the pedestal of our own "glory"! You can guess what the reaction will be.

Touching the topics about the human essence, I want to say the following: if you want others to respect your "no", then with the same accuracy you have to respect the same "no" and others. Especially when you are in a marital relationship, otherwise they will be doomed to sports. Such competitions are characteristic of more children, but not mature. Only children recognize the achievements and freedom of others much less than their own.

At the beginning of marital relationships, especially during the honeymoon, young people may seem that they look into the world with one eye. But over time, it turns out that each of them has completely different desires, needs and even an idea of living together.

The process of contacting the feelings and thoughts of two different people is not easy. Particularly difficult to adapt to each other is a couple in hasty marriages, where of two, not yet formed as a person of people, a new family is formed. They will be lucky more to those spouses who seek not only to assign positive qualities, but to those who are set to grow spiritually and ready for internal changes.

To appreciate and respect the borders of the personality of the husband/wife - that's all you need for your common happiness. If your love makes your husband/wife free (s), if you respect the inviolability of his (her) personal space, then you thus lay the way to respect and your own will.

Fifth commandment: "If you cannot sincerely say" yes ", it is better to say" no "honestly"

Gennady adored politics. His wife adored her husband, but hated politics. Every time he

talked about the political state in the country, she just listened silently to him.

- It's so interesting! He persuaded me. Elena was rarely interested in politics, but thought about herself: "We are different with him, but I love my husband. And I do not want him to be angry with me." Therefore, without any pleasure, she patiently listened to it. Not suspecting, Olenka did her best to make Gennady feel her dislike for a similar topic: sometimes she changed the topic, and sometimes simply remained silent - she gave him to speak.

In the end, Gennady is tired of seeing his wife every time he shows boredom in political discussions. He said:

- I will not talk to you at all on such topics other than seeing you with this look.

Elena was offended by the fact that the man did not appreciate her victim. She did not understand that, going to meet Gennady, she said "yes" because she didn't like it. Because

of such indecision, neither he nor she enjoyed what was happening.

It is impossible to truly love another person if you constantly do something. To do something against your will is subconsciously afraid of someone or something. Below I will give examples of fears that interfere with the creation of their own borders. It's a fear:

- * lose your husband's spiritual commitment, feel lonely;
- * cause his anger, condemnation, dislike;
- * not to meet the expectations of husband/wife;
- * lose his (her) respect. Fear is the worst enemy of love.

If you do forced actions because of fear, no love can be discussed. Subsequently, she will simply go out, and of all the memories of marriage will only be bitter. It is necessary to consciously fight any fears in your soul, and learn to guide only the laws of just love. If you speak to your husband/wife "yes", based on good motives and your desire to create a good

relationship, then with the same motives, learn to speak to him (her) and "no". In other words, build your borders so that they only serve for the benefit of your relationship.

Personally, I believe that no person, having common sense, will want the "unhealthy commitment" of another, that the husband/wife fulfills any desire because of fear. After all, she is fully aware of this simple pattern: where there is fear, there is no love, openness and freedom. It will only be formal coexistence, and two souls will never become native.

The sixth commandment: "Don't let the problems go too far - take the necessary measures"

Ludmila and Oleg were married for 11 years. Their marriage seemed quite stable. However, when their thoughts did not coincide, Oleg began to let go of the porch to his wife. He merged, came up with more and more pins, trying to prove his rightness.

Ludmila usually endured his jokes in silence and eventually inferior. Oleg shouted, offended her, and she kept his best, not wanting to fall to his level. But in the soul there was an insult that has only increased over the years.

One day, they argued through something, and Oleg, as always, began to annoy Ludmila. This time she could not stand, and came to the rage, shouted:

- Enough, stop, enough! I have been sick for a long time from your disgusting puppy. I no longer intend to endure all this!

She exclaimed a few more cruel words and then posted. Both were shocked - neither Oleg nor Ludmila herself expected anything like that. From her own words, Ludmila came horrified.

For a long time, the wife gathered everything she would like to express about her husband's unworthy behavior. In the end, everything

accumulated outwards, and even in the most unpredictable way. Ludmila has set specific boundaries for herself. But these were the limits that controlled their own reaction: they determined how to respond to a man's behavior. Do not be so soft and compassionate, long ago sat down with her husband and said: "Dear, there are times when you behave unworthy, it is very offended by it and repels you. I love you but I don't like how you handle me. Try to change so that it is no longer repeated." This behavior is effective.

A person who is used to always acting will never bring a problematic situation to a critical state. It will solve one problem by another as they are received. In other words, their actions have a problem, not a problem with it. Timely implementation of the necessary measures - and is a measure of freedom of such people.

Based on this, the sixth commandment consists of two points:

** Establishing boundaries to resolve another person's behavior is an integral part of*

personal growth. If you are constantly showing weakness in the confrontation of all the negatives, then you are deprived of the inner core of freedom.

** The establishment of internal borders to settle one's own behavior is an integral part of personal growth.* If you lose control of yourself to prove your right at all costs, then you do not have enough freedom. As you can see, these two points are similar. But the essence of them is one: to learn to possess not only the situation, but also by themselves. Unfortunately, our lives are arranged in such a way that if a person is constantly bent under his pressure, then he is inclined to fit before any pressure. But it is good for someone who sees the benefits in difficult life circumstances, who is in constant learning and overcoming difficulties. Such will be able to bring up the firmness of the spirit, and will learn to adapt to any difficult circumstances.

Seventh commandment: “You will never reach what you want if you constantly wish only what others have”

Envy, as they say, is a bad advisor. She is able to depreciate all that you have. If your thoughts are only occupied by the fact that others have what you don't have, your personal development will simply be suspended. Because of this, you will become unhappy, unable to perceive yourself adequately.

There is no point in chasing the "ghosts" of other people's achievements instead of working on what is already there. Envy is the main obstacle that interferes with the construction of borders in marriage. An envious person is not able to draw punctuation in relationships because he cannot concentrate on his own capabilities. She confuses her envy with a simple desire.

Charity desires for you, and for those with whom you maintain a close relationship can be considered:

- * the desire to appreciate what you have;
- * the desire to improve what you already have;

* the desire to study all your abilities and skills and work on them.

The eighth commandment: “Don't be passive”

Here is an example. The husband is offended that his wife is not interested in his business and constantly translates the conversation. When a man, when he comes home, says, "Today I had such a hard day at work!", she replies every time: "And you think, it is easy for me to engage in children all day?" He immediately has a feeling of loneliness, inhuman. And even it is not possible that she ignores his feelings and is not interested in his inner state.

The situation is complicated: the husband closes in on himself, in general ceases to talk to his wife. He thinks of himself: "What is the point of talking to her? She will not listen to me again and only talk about herself. "The wife loses connection with her husband, not knowing why. It is deprived of the opportunity

to know the true cause, so it cannot change its character, become more mature. It would be much better if a man said, "Luba, when I speak to you that I am very tired or that I have hard in my heart, I am strongly offended that you do not listen to me and switch your attention to yourself. Because of this, I have no desire to talk to you. I want us to be mentally close to each other. It is so necessary. And I'm trying. But if you continue to ignore my feelings, then in our relationship there will be coldness. I will have to pour my soul to my friends who will at least try to understand me."

So, if we conclude from this situation, then simply in folk words saying: "Water does not flow under a lying stone."

You have probably met families in which a man and a woman are divided into active and passive. Where one spouse is active and decisive, and the other, as if, is not at all. Passivity acts on a person just as envy. Such people are unable to understand anything because they are constantly afraid to take

risks. Therefore, it is much more difficult for them: to dispose of their own lives responsibly, to mark the boundaries of their own space and to grow as a person.

Passivity is manifested for various reasons:

- * because of all sorts of fears: lose love, make mistakes;
- * because of misunderstanding that something is not good in their life;
- * through laziness.

The result, as a rule, is always the same: the problem is increasing more and there is no limit. A passive person takes, at first glance, an easy position - to do nothing. But this is the best way to destroy any borders and completely suspend personal growth in marriage. If one of the spouses in the family is active and energetic and the second passive, then the following problems may arise:

- * Passive husband/wife falls in full dependence on active;
- * Active husband/wife feels like a lonely (s) near the passive;

* A passive husband/wife will be frightened by the energy and initiative of the active, he (she) will be afraid to tell him (she) "no".

Remember: if you do not now solve the problem of your passivity, then your marriage will dissolve sooner or later. You can't wait all the time when the other does something first. Courageous is not the person who falls, but the one who falls and stands. Be aware of the need to take the first step.

Ninth Commandment: "Always put each other to note about the existence of your inner borders."

In other words, your husband/wife should always know what you want and what you want. Take care of explaining in an accessible form to your husband/wife, what you expect from him (her). When your borders become clear and understandable for him, it will serve your cohesion and eliminate many misunderstandings in the relationship.

Be sincere, do not be afraid of possible conflicts and go at risk. This is the only way you save your relationship. Sincerity is the only way to heal marriage and personal growth.

Use these commandments in your daily life and you will see how your attitude will change. Remember: any violation of at least one of the commandments will have some consequences. You want it or not, but you will always be faced with a choice: either live in accordance with the laws and be happy, or violate the rules and then pay for it.

This chapter outlines several commandments for healthy interpersonal relationships, particularly within marriage.

First Commandment: "What you sow, then you will reap"

This commandment emphasizes that the actions and behaviors within a marriage have consequences. If individuals in a marriage

have not learned this principle in childhood, it will manifest in their adult relationships, potentially leading to undesirable outcomes. The text illustrates this with Maria and Alexander, where Alexander's moody and rude behavior, coupled with Maria's enabling, deteriorated their relationship. The choices are to educate, endure, or part ways, with all three being difficult.

Second Commandment: "Be responsible to each other, not for each other"

This commandment is a direct complement to the first, stressing mutual responsibility rather than taking on the burden of the other. It means expressing love, taking responsibility for one's own feelings, moods, actions, desires, and personal growth, and not carrying the "burden" of one's spouse. Failure to do so can lead to becoming a hostage to another's irresponsibility or becoming an irresponsible manipulator. A balanced distribution of responsibility fosters justice and spiritual closeness, preventing loneliness in marriage.

Third Commandment: "Don't try to process another person so that you are more comfortable living with it"

This commandment addresses the common tendency to try and change one's spouse rather than oneself. True marital happiness isn't achieved by dictating behavior, making someone change habits, or fitting them into ideals. Instead, it is within one's power to be patient, enduring, and self-controlled; recognize and discuss one's own shortcomings; express feelings; determine if one has overstepped boundaries; and show a willingness to change oneself for the benefit of the relationship. This promotes maturity in marital relationships.

Fourth Commandment: "You want others to respect your freedom, respect the same freedom of others."

This emphasizes the importance of mutual respect for personal freedom. An example is

given of Oksana and Victor, where Victor's dismissive reaction to Oksana's "no" and his attempt to pressure the narrator's husband into an activity demonstrated a lack of respect for others' boundaries. People are inherently inclined to prioritize their own views and achievements, but true respect requires acknowledging and honoring others' freedom, especially in marriage, to avoid conflict and foster spiritual growth. Children, unlike mature adults, often value their own achievements and freedom far more than others'.

Fifth Commandment: "If you cannot sincerely say 'yes', it is better to say 'no' honestly"

This commandment highlights the importance of sincerity and avoiding actions driven by fear. Elena, who disliked politics, would silently listen to her husband Gennady discuss it, leading to a strained dynamic. Doing something against one's will due to fear (e.g., fear of losing love, causing anger, not meeting

expectations, or losing respect) hinders genuine love and can lead to bitterness. It is crucial to combat fears and act according to the principles of just love, being able to say "no" with the same good intentions as "yes," to build beneficial boundaries.

Sixth Commandment: "Don't let the problems go too far - take the necessary measures"

This stresses proactive problem-solving. The example of Ludmila and Oleg shows how Oleg's constant belittling and Ludmila's silent endurance led to accumulated resentment and an explosive outburst. Effective behavior involves setting boundaries that control one's own reaction and addressing issues directly, rather than letting them escalate. This fosters personal growth and freedom. This commandment has two points: establishing boundaries to address another's negative behavior is essential for personal growth, and establishing internal boundaries to manage

one's own reactions is also crucial for personal growth and maintaining self-control.

Seventh Commandment: "You will never reach what you want if you constantly wish only what others have"

Envy is presented as a destructive force that depreciates what one has and hinders personal development, leading to unhappiness and inadequate self-perception. Instead of chasing "ghosts" of others' achievements, one should focus on what they already possess, striving to appreciate, improve, and utilize their own abilities. Envy prevents the establishment of personal boundaries because it diverts focus from one's own capabilities.

Eighth Commandment: "Don't be passive"

Passivity, like envy, is detrimental to personal growth and marital relationships. An example illustrates a husband's frustration when his wife disregards his feelings and shifts the conversation to herself, leading him to

withdraw. The text advises direct communication of feelings and needs to prevent emotional distance. Passivity stems from fears (e.g., losing love, making mistakes), misunderstanding of personal issues, or laziness. It leads to escalating problems and destroys boundaries. In relationships where one spouse is active and the other passive, the passive person becomes dependent, the active person feels lonely, and the passive person fears the active one's initiative. Taking the first step and being courageous are essential to overcome passivity and prevent marital dissolution.

Ninth Commandment: "Always put each other to note about the existence of your inner borders."

This final commandment emphasizes the importance of transparent communication regarding one's desires and expectations. Spouses should clearly explain their boundaries to each other. This clarity fosters cohesion and reduces misunderstandings.

Sincerity and a willingness to face potential conflicts are crucial for healing the marriage and promoting personal growth. The text concludes by stating that adhering to these commandments leads to happiness, while violating them incurs negative consequences.

Chapter 6.

The most "unpleasant" sides in the construction of borders.

I am convinced that when you read the head of this book by reading the head of this book: what I would not speak about building borders in relationships, everything comes down only to the fact that this process is needed first and foremost. This is the "unpleasant" side of this issue. It stretches a solid thread through the entire book. And the book is written about independence and freedom, about the personal growth of each person, starting with the need to speak "no" to himself. Therefore, in this

chapter I will try to give you the basic principles that you can draw personal internal restrictions.

Why do I do it? As my practice and practice of many researchers in this field shows, many couples misunderstand the concept of their own borders.

Here's what D. Towersnd says about it in the book "Marriage. Where does the boundary run?": "Many married couples, armed with the concept of borders in marriage, begin to literally harass their loved ones, forcing them to change to please themselves. Instead of common family problems, they see their partner's problems in everything that happens. We do not diminish the responsibility of the spouse for the difficulties that arise in marriage. However, it is too simplified an approach to a question that in most cases does not lead to a problem.

This does not mean that I protect another partner. However, to blame all the guilt on one

means not to solve the problem at all. And if you are already reading this book, then you will have to take the initiative. Thus, the most unpleasant point is that you need to take responsibility for the settlement of conflict situations in marriage.

So if you notice that your husband/wife:

- * avoids communicating with you, locks in yourself;
- * when trying to speak to him (it) becomes evil (s) and irritable (s);
- * does not perform his marriage responsibilities;
- * tries to manage you;
- * behaves indifferent to your existence.

Even if you are not guilty of what is happening, you will still have to take the initiative to resolve this situation.

Here is an example. Marichka is used to shopping in stores where you can pay with a credit card. She was in a hurry, she never wanted to waste time to clarify how much

money was left on the card. As a result, she always had an over - consumption.

Anatoly came into rage every time because of his wife's similar responsibility. Marichka was offended. For a few days, she carefully recorded the amounts spent, and then it all started at first. When I asked Anatoly why he would not block his wife's credit card or would not close her bank account at all, he replied that it would give nothing. In the course of our conversation, I realized that Anatoly belongs to the type of people who are usually eliminated by someone's irresponsibility. Then he began to develop the topic of what unreliable politicians, his companions, children and wife. With special pride, he mentioned that he is a very reliable person.

In the end, it became quite obvious that Anatoly just needed the irresponsible Marichka so that he could continue to protest against all irresponsible people in the world. If they went shopping together and did

everything right, he would have lost his ability to express his dissatisfaction with "human beings." Therefore, he sabotaged any real attempt to help her understand the consequences of her behavior. The angry reaction to his wife's actions helped him feel not so helpless.

One day Anatoly still realized it. He realized that under his apparent annoyance was hiding fear caused by the inability to control the situation. He told me that he was scared and sad because he cannot change all people at all, but Marichka in particular. And he would like to change it! As a result, Anatoly and Marichka came to a single agreement and developed a win - win plan that will teach his wife to be responsible for the family budget.

So, let's conclude: as the "master of your life", you have only one thing - to arm yourself with some knowledge - and "in battle"! What does "be the master of your life" mean?

One of the most important tasks of forming a person's personal qualities is the ability to be the master of one's own life. What does this mean?

The tasks of each of us are:

- * constantly grow as a person;
- * learn from mistakes;
- * know yourself and use everything new to grow;
- * not to spend in vain the spiritual forces in search of the perpetrators;
- * be responsible for your state of mind, your love, your abilities and your time.

Immediately I want to warn that the process of personality formation is not easy. It lasts as long as you see the need for your own changes and make every effort. But if you work more to make someone else change, then he will be beneficial. And you will be left with the same immature person. This is the same as working in another's field. Not you, but someone else will collect the finished harvest - the fruits of your efforts.

“Positive Hero”

What does this mean? I very often had to deal with family couples, in which one of the spouses performed against the other in the role of a "positive hero".

At first glance, this may seem like a plausible picture when one of them:

- * constantly scandal;
- * behaves irresponsibly;
- * constantly commands all homes;
- * requires the performance of your own whims;
- * refuses to solve family problems.

It all looks extremely deplorable. But if you dig deeper, the problem is that the husband/wife who (s) acts in the eyes of other people as a "victim" is not an objective assessment. Because of this, the "victim" does not see it necessary to form certain restrictions.

And that's why:

* *Martyr's husband/wife will see more problems in a partner, and less in herself.* This is especially true when other people strengthen their compassion with his (her) misconception about himself.

* *The husband/wife of the "victim" is a non-characteristic (s) in a relationship with a marriage partner.* In other words, he (she) "heroically" tries to do everything possible and impossible to please his partner, instead of firmly resisting his (her) negative manifestations.

* *It seems to the husband/wife to the man/wife that his (her) contribution to the problem that has arisen is not as scary as in his (her) satellite.* This position is very dangerous, because the ideal people, as I said, are not. Therefore, you should be very careful and "if you think you are standing, look not to fall."

Rules of conduct for all are one

In one family of my acquaintances there is the following picture: as soon as the man seemed

that his wife did not hear him, he closed in himself without showing any interest in what was happening in their home. The wife was angry at the husband's self - esteem from family affairs. The relationship began. Finally, when he locked up in himself, his wife turned to him with the following words:

- Tell me what I offended you. After such words, the man even cried. He saw that his wife had set a shutter to her anger and flares of rage. He felt that he was not indifferent to his soul pain, and it helped him to come. Over time, the lost heat returned to their relationship.

So, if you want to achieve the desired results, and at the same time require your husband/wife to comply with certain rules, then you yourself should follow the same rules. Regardless of whether you are the head of the family, or a minor member, everyone should respect the borders of their partner's personal space. You should not play the role of "God" and do everything that you want.

Why? The ideal family is a small state that has a leader - a husband, and there is a partner - a wife. So, the task of the leader is not to lead, but to lead his family in the right direction. And the task of the partner is to support the leader. Unfortunately, many of the immature couples behave wrong.

Here are little examples:

- * The wife raises the scandal, protesting against the fact that the husband is trashing the house, but does not notice his negligence.

- * The husband, every time waiting for his wife, comes to the rage of what, in his opinion, she is going for too long. But at the same time she forgets about those things that need to be taken with him, and she has to do it for him.

Sooner or later such hypocrisy will have a devastating effect on the atmosphere of mutual understanding in the family.

Set the limiting framework to yourself rather than husband/wife

Here is an example. Michael was inherent in the so - called "Peter Pen's syndrome": he did not want to become an adult. He still carelessly spent time, entertained, trying to protect himself from the fulfillment of boring responsibilities that do not bear any responsibility.

It is easy to guess that he has a lot of problems at work. He was in a difficult financial situation. His wife, Valentine, pointed out the "burden" of her husband. She tried to give him the need to end his baby's temples and cause him guilt for what was happening. She repeatedly repeated:

- Don't you understand what you do with me?
And this is after all that I did for you!

These words were very reminiscent of what Michael said when he was still a small but completely irresponsible child. After his mother's words, he began to feel guilty, and he wanted only one - faster to escape from her as far as possible. Michael felt the same feeling

after Valentine's words. The more clearly she expressed her negative attitude to his behavior, the further he escaped from her. He immediately had the same suffocating sense of guilt as in his childhood.

Finally, Valentine decided to put a barrel with her own attempts to press on Michael. She began to treat him with love and tenderness, and ceased to criticize his actions. She then identified the clear limits of his official troubles and material problems. Valentina had to seek the advice of a consultant on financial matters.

For a while, Michael still lost some rights to dispose of his money: he had to prove that he finally became a mature person. He changed because his wife released him, putting an end to his own grunts. Before that, Michael only responded to Valentine or Mother's words. Now he found freedom that gave him the opportunity to feel the love of his wife, whom he desperately needed. Once free, Brian began to feel the pain of losing a considerable

amount of money. He was ashamed. The financial consultant during conversations with Michael developed a clear accountability structure that could no longer be evaded. As a result, Michael began to grow up.

So, what I want to say: if you work constantly in another's field, then use the crop, respectively, there will be another person. In other words, more benefits are to set restrictions for yourself than for others. Since this process, on the one hand, is necessary for the formation of your personality, and on the other, will create the necessary circumstances for the personal growth of your partner. Allow your husband/wife to be free (s): make the right or wrong decisions, "stuff your cones" and manage your life yourself.

In order to achieve his (her) awareness of his guilt, it is not necessary to constantly point to him (her) of his (her) mistakes, to "saw" and to blame for all his (her) sins, to force to agree with you. Otherwise, he (she) rebels and wants to repay you the same coin.

You should be clearly aware that you can not force your partner to grow and develop as a person. You can inspire him to inspire him with an example, but he makes the decision himself.

In your power only:

- * continue to show him (her) his love;
- * be in all honest (s) with him (it);
- * put the necessary curtains in time;
- * wait patiently when, faced with the consequences of his immaturity, he (she) still wants to change.

Next, I want to introduce you to the two main areas of formation of internal borders.

It:

- * your own character;
- * your attitude to the partner.

Work on your own character

Vladimir and Tatiana are my friends. Tatiana's life is the best illustration of how to carry out the borders of her own character. Her marriage with Vladimir cannot be called prosperous. Although Vladimir himself is a good person, he is too concentrated on his own person and does not show any aspirations for personal self - improvement.

Vladimir's unwillingness to grow and develop as a person delivered Tatiana many troubles throughout their years of life. She would like to combine her life with a person who is looking for a path to personal improvement. However, she had to get used to the fact that her marriage is not perfect.

Tanya loved her husband, made a great contribution to their life together, but more and more often she communicated with other people - those who were interested in personal growth. But what most impressed me about Tatiana that she never tired of asking her husband:

- What in my behavior insults you, which causes you anxiety?

And whatever Vladimir answered her, she always took it close to her heart. If he mentioned the trait of her character that really inflicted inconvenience, Tanya immediately began to work on herself to eradicate this drawback. She has never put the husband of the type: "I will change for you if you change for me." Tatiana just wanted to be herself. And it does not matter how Vladimir treats his own development, because it has nothing to do with its growth and development.

I want to say the following: we do not always know and understand what kind of flaws in our character prevent us from setting limits in relationships. But if you are attentive to the claims of your marriage partner, then the examples below will be familiar.

I will give examples of basic character traits that require your special attention:

* *Consider yourself better than others.* No person on earth is capable of it. Otherwise, it would be considered "perfection itself." This happens only in fairy tales. In real life, anyone can only be better, and worse than others. There is no exact ratio of "bad" and "good" in man.

* *Deny the truth about yourself, not to recognize your mistakes.* There is nothing humiliating in recognizing your imperfection. A mature personality is not afraid to recognize the truth about himself. On the contrary, it is necessary for it to work on a comprehensive work, to objectively evaluate her "I".

* *To lock in yourself.* When a person closes in on himself, it looks like a "hedgehog", it is just a manifestation of his weakness. Usually, this happens when one or both spouses are unable to resolve a controversial issue with each other, lower their hands and cease to defend their position. If you do not find a problem in time, such a couple can become absolutely alien to each other in the future.

* *Be irresponsible to the partner.* It is very difficult to live with a husband/wife who (s) is

not responsible for his actions. No person can endure another person's irresponsibility forever. As a result of repeated attempts by one to set the necessary limits in relationships with the other, the first is simply disappointed in his irresponsibility.

* *Be self - loving, selfish in relationships. Selfishness has not made anyone happy.* And life with such a person is a waste of time, because you will never feel loved with it.

* *Strive to control others.* Control is a false attempt to establish borders in marriage. But the necessary restrictions are the prevention of irresponsibility of the husband/wife and at the same time his complete independence.

* *To identify unnecessary criticism in relation to others.* In other words, criticize everything: good and bad. This is usually done by those who tend to consider themselves better than others. It is a manifestation of one of the features of unhealthy love for yourself. Critics are not able to build a healthy relationship with anyone.

Most often, they simply make "secret enemies".

These character traits can destroy any relationship. But if you recognize their presence and do the difficult process of forming your personality, then your relationship with your husband/wife will become much stronger.

In the process of growth you will become:

- * more honest with themselves and other people;
- * more firm in their beliefs and determination;
- * such a person with whom it is easy to live under one roof;
- * such a father or mother from whom (s) children want to take an example.

In other words, in the process of personality formation you should become no worse, but better!

Different manifestations of control over others

* *Imposing a false sense of guilt.* This is one way of manipulating a person. Forcing your husband/wife to feel guilty (s), thus translating your overall liability for one person. Under the influence of false guilt, a person is ready to do anything, only his husband or wife is satisfied with everyone (s).

* *Manifestations of anger.* Anger is an internal protest of a person against the fact that he cannot control everything and everything. Anger is both open and hidden. A person can either openly show sarcasm in statements and threaten, or have a hidden and vengeful nature.

* *Encroachment on the integrity of the partner's borders.* When one spouse makes every effort to make the necessary borders in the relationship, the other makes more efforts to prevent even the smallest attempts to create them. He does his best and impossible so that even any desire to do so disappears. Such a husband/wife is unable to safely exist, following the boundaries of his partner.

* *Manifestations of emotional cold and indifference.* Of all the manipulative ways of

pressure on a marriage partner, it is a refusal of emotional affection. It is the most effective because it does not happen in the world of such a person who does not feel the need for the love and spiritual closeness of a loved one. As a result, she is forced to make all concessions to bring back to her husband/wife.

* *The desire to manage.* The desire to manage others instinctively arises in a person when she is afraid of being managed by someone. The prudent person will always meet the mutual love and affection of his companion.

Rules to overcome the desire to control others

* *Express all the negative aspects of control over others.* The price of managing others is: on the one hand, you achieve the compassion of a husband/wife, but on the other hand - you lose his (her) heartiness and spiritual closeness to you. He (she) will depart emotionally, and over time you will become him (her) just a stranger. But if you still love your other half, and value your relationship with it, then work on your desire to manage. Be aware of all the loss of this behavior, and most importantly, its consequences.

** Learn to put yourself in the place of the person you are trying to manage.* Imagine all the feelings of your husband/wife, and how your desire to manage influences him (her). Let your character have a habit of empathy and compassion. To do this, it is necessary to always tell the manager what pain and alienation caused his behavior. Thus, there is a chance to evoke in his soul the desire to change.

** Realize and accept the fact that you are not in your power to change another person.* Many people mistakenly believe that they are able to change their partner according to their ideals. This is a huge mistake. Going so false to yourself, you will only come to disappointment. Remember: you can only tell you, send and show on your personal example what principles you are guided by. And only when your husband/wife sees good in a new way of life, will he (her) have a desire to change.

** Don't be afraid of unpleasant sensations due to changes.* Any changes are always associated with unpleasant and even

sometimes painful sensations, when completely new ones are built on the ruins of old stereotypes. It will take some time to get used to other circumstances, but over time you can evaluate and accept a new reality. It's the same as changing your place of residence. All the hassles related to moving to a new place are always difficult. But the realization that the forced changes are associated with hope for a better life in a new apartment will soften unpleasant circumstances.

** Recognize and be aware of your addiction.* The person who feels the internal train to control others is dependent on them. This dependence is caused by a sweet sense of power over other people. Therefore, when one of the spouses does his best to escape from their close control, then the other has almost panicked fear. Such satellites are afraid to lose their power over others.

** Treat the freedom of husband/wife as you want him (she) to treat (s).* It is the basis of all the basics of relationships between spouses. If you respect the freedom of your partner, it can cause a mutual desire to do the same. This

behavior will create such circumstances in which he will be embarrassed with you differently. Instead of controlling your husband/wife, it is better to set clear boundaries in the relationship. By defining clear restrictions for your husband/wife, you will thus ensure your own safety. This will help you get rid of addiction to others.

In the next chapter, I will tell you how wonderful it is to be a separate and independent person. This may seem strange, but only two independent individuals can connect as a whole.

This excerpt from the book emphasizes that building personal boundaries in relationships, while sometimes "unpleasant," is crucial for independence, freedom, and personal growth, starting with the ability to say "no" to oneself. The author highlights that many couples misunderstand the concept of boundaries, often blaming their partner for problems instead of taking personal responsibility.

The text asserts that even if one is not at fault, taking initiative to resolve conflict situations in marriage is necessary. An example illustrates this with Marichka, who overspent on a credit card, and Anatoly, who, despite his anger, unconsciously sabotaged her responsibility to maintain his role as a "reliable person" protesting irresponsibility. Ultimately, Anatoly realized his fear of losing control, leading to a win-win plan for shared financial responsibility.

"Being the master of your life" means continuous personal growth, learning from mistakes, self-awareness for improvement, not blaming others, and taking responsibility for one's emotional state, love, abilities, and time. This process is challenging and requires focusing on one's own changes, not trying to change others.

The concept of a "positive hero" is introduced, referring to a spouse who appears to be a "victim" in a dysfunctional relationship while their partner exhibits negative behaviors.

However, this "victim" often has an inaccurate self-assessment, seeing more problems in their partner and less in themselves. This can lead to them "heroically" trying to please their partner instead of resisting negative manifestations, contributing to the problem.

The "Rules of conduct for all are one" principle states that both spouses must adhere to the same rules and respect each other's personal space. An example shows a husband who closes off when unheard, and his wife's direct question, "Tell me what I offended you," helps him open up, restoring warmth to their relationship. The text uses the metaphor of an ideal family as a small state with a leader (husband) and partner (wife), where the leader guides and the partner supports. Hypocrisy, such as a wife complaining about a messy husband while being negligent herself, is detrimental.

The chapter emphasizes setting limiting frameworks for oneself rather than the spouse. Michael, suffering from "Peter Pan's

syndrome" and financial irresponsibility, initially reacted defensively to his wife Valentina's criticism. However, when Valentina stopped pressuring him, showed love, and set clear boundaries for his financial problems (seeking a consultant), Michael began to mature by facing the consequences of his immaturity. The key is to allow the spouse to be free to make their own decisions and learn from their mistakes, inspiring them by example rather than forcing change.

Finally, the text outlines two main areas for forming internal boundaries: working on one's own character and one's attitude toward the partner. Tatiana's marriage, where her husband Vladimir lacked self-improvement, illustrates focusing on one's own character flaws by asking her husband what in her behavior offended him and working to eradicate those traits, regardless of his own development.

The chapter then lists character traits that prevent setting limits in relationships:

- ***Considering oneself better than others:*** There is no "perfection itself"; everyone has good and bad traits.
- ***Denying truth about oneself and mistakes:*** Recognizing imperfection is a sign of maturity.
- ***Locking oneself away:*** This is a sign of weakness and can lead to alienation in relationships.
- ***Being irresponsible to the partner:*** This is unsustainable and leads to disappointment.
- ***Being self-loving and selfish:*** This prevents genuine love and happiness in a relationship.
- ***Striving to control others:*** This is a false attempt to set boundaries; true boundaries prevent irresponsibility while allowing independence.
- ***Unnecessary criticism of others:*** This often stems from a superiority complex and destroys relationships.

Overcoming these traits leads to becoming more honest, firm in beliefs, easier to live with, and a better role model.

Different manifestations of control over others include:

- ***Imposing false guilt:*** A manipulative tactic that shifts responsibility and compels compliance.
- ***Manifestations of anger:*** An internal protest against lacking control, can be open or hidden.
- ***Encroachment on partner's boundaries:*** Actively trying to prevent a partner from establishing personal limits.
- ***Emotional coldness and indifference:*** A powerful manipulative tool that forces concessions due to the universal need for love and closeness.
- ***Desire to manage:*** An instinctive response to the fear of being controlled, but true mutual affection comes from not managing.

Rules to overcome the desire to control others are:

- ***Acknowledge negative consequences:***
Controlling others alienates them emotionally.
- ***Practice empathy:*** Imagine the partner's feelings and the pain caused by controlling behavior to inspire change.
- ***Accept inability to change others:*** One can only inspire by example; the partner must decide to change themselves.
- ***Embrace uncomfortable changes:***
Building new habits is difficult but leads to better circumstances.
- ***Recognize one's own addiction to control:***
This stems from a desire for power, and losing it can cause panic.
- ***Respect partner's freedom:*** This fosters mutual respect and creates a dynamic where they are more likely to respond positively. Setting clear boundaries for the partner, rather than controlling them, ensures one's own safety and freedom from unhealthy dependence.

Chapter 7.

The force of gravity is unlike

Most of the people on the planet dream of meeting their "other half". This is a cherished desire from the depths of human beings that wants to be loved/loved. When a person (especially a woman) looks at an old melodrama, where two loving each other hero, happy together, a subconscious desire becomes noticeable and even more desirable.

But is everything really happening? Partly - yes. In the first stage of love, especially on the honeymoon, young couples feel something like that. Being in a state of euphoria, they feel a complete merger with each other. But unfortunately, the films do not show how such feelings keep to old age. After all, the true unity of two people has been built for years, along with the personal development of themselves and their relationships.

What to do when primary euphoria evaporates, "unity" disappears, illusions scatter, and many are disappointed? At the same time: some

generally disappear the desire to have a new relationship, and it seems to someone that with the other (with another) - "it will turn out better." They do not understand that the only means of healing from despair lies in their own personal growth, not in search of another partner. In new relations, the stage of development of souls is the same. Again and again they can experience the same pain from which they wanted to escape for the first time.

In this chapter, I would like to emphasize the value of the personal growth of anyone who hopes to marry. And also to consider with you the necessary conditions in which the two still have a chance to become a "one." To begin with, the presence of these two, that is, two independent individuals. What it means, and how it is due to the formation of the borders of personal space, let's look further.

Personality + Personality = couple

Unity requires the presence of two absolutely individual personalities. Mature, and fully

formed as a personality, capable of fulfilling everything that will require a true love and true relationship.

Namely:

- give and accept love;
- to be independent (oh) and independent (oh);
- to live in accordance with their life principles;
- be responsible only for their actions;
- to be confident (oh) in yourself;
- not to hide from solving problems;
- not to be afraid of failure or mistakes;
- to develop their abilities, character traits.

If two mature personalities already marry, then their unity will be complete and harmonious. But if at least one of the spouses has a weak personality, there will be no real unity. It's the same as limp on one leg. The inferior person will seek more to achieve their own needs instead of contributing to marital relationships. Because of this, the relationship will "limp on both legs."

If you look ideally, marriage is not quite a place where a person should become a full person. Although personality is raising a habitat, it is not necessary to use marriage as a simulator for personal growth.

The ideal marriage can be considered only the one where two already mature personalities are united in one whole where "I" is created "I". Therefore, I would advise young couples not to rush to marry. This is a very responsible solution. They are capable of changing not only your destiny but also other members of your future family. And well, if for the better!

For decades, the struggle between the older generation and the present young. Only older people can still demand from their children to create their own families. This mainly applies to girls. Like, "that girls do not sit", you need to marry it. And then - early divorce, broken fates ...

I want to turn to young people right now: if you are able to grow and develop as a person,

if you become more and more fulfilling over the years, then your future marital relationships only benefit from it.

Before moving on to considering the requirements for a mature personality, I would like to make some important remarks.

Fill the disadvantages of a partner and supplement personality is not the same

Here is an example. Vasilyyn came to a party at the company where she worked. For a while, she wandered from the corner to the corner, but suddenly she saw him. He talked to someone at the other end of the hall - strong, confident, with good manners. Most of all, his apparent self-confidence fell into his eyes. Vasilyyn even frost ran through the skin when she watched him: Alexei was the center of general attention.

She approached that group, she was introduced by Alexei. He easily continued the interrupted conversation, then talked to

another topic. All around him, including Vasilyn, felt free and natural. Alexey really liked Vasilyn. By the end of the party, she "became fascinated" by him finally and irrevocably. It even seemed that not without reciprocity on his part. Finally she met her Prince!

They began to meet. It turned out that her first impression was not misleading. Alexei was really strong, confident and had good manners. Sometimes she seemed to be too strong and too sure that he often did not listen to what she was saying. But their "love" was strong, and its need for it was stronger than necessary and the opportunity to realize the importance of its shortcomings. Soon they got married. And so the moment came when Vasilyn in Oleksiyev at first was the cause of an endless nightmare. In fact, he was too strong and confident.

He was calm, balanced and did not allow any objection to his person. Every day, she felt more and more that her feelings and desires

are completely neglected, that she has no slightest influence on what is happening in their family life, that she cannot dispose of her life at all. A few months later, they turned to a family psychologist.

She complained that he despises her. He complained that she was constantly walking with a fond appearance that everyone was dissatisfied forever. In fact, the following happened to them: each of them found a partner to complete their "incompleteness". Very soon they realized that their problem was in the wrong assessment of their relationship.

Vasilyn was a very attractive, sweet and gentle girl. Being a sociable person, she always tried to like others. Everyone loved her. But she had one weakness: she lacked confidence. Trying never to conflict with people, she has always been built under them. She was incapable of protecting herself, defending her needs and desires. She has never been sure of anything. This is its inferiority. She grew up in a family with a powerful father, where her ability to

stand on her own did not develop. Vasilyn desperately needed filling this gap. And instead of developing this quality in herself, she found it in Oleksiy. Therefore, she felt so "full" when she felt his strength at the first meeting. The trouble was that in their relationship with Alexei, she has not had enough to resist his pressure. She turned into a living creature that was not seriously perceived by him, but was a free annex to her husband. In the soul of Vasylina, insulting and indignation was boiled.

Alexei was her complete opposite. Compassion, spiritual vulnerability, awareness to a certain extent of their own helplessness - were not inherent in him. He did not want to have such qualities, he was afraid of them and constantly watched to prevent them from being in his own character. But since without these qualities the person is inferior, he subconsciously sought to experience the feelings associated with them. It was Alexei that he found in Vasilyn. He was attracted to this girl, her "not spoiled" soul and the ability

to consider the needs and desires of others. But soon this attractiveness came to an end: Vasily stopped being "sweet and gentle" and began to make claims to him about what he demands from her. He, as well as she, began to hate what initially attracted so much, because the internal conflict began with this part of his own inferiority.

Neither Vasily nor Alexei were full personalities, they had no integrity. They tried to fill the gaps, united with a person who owns what they did not own. And it always turns against himself. They fought with those qualities in another person with whom they could not find common ground in themselves.

I want to point out that the concept of marriage implies a mutual contract between two already formed and complete personalities. Marriage is a small organized center of society, where each spouse is a separate "specialist" and "organizer" in their area. It exists in order to add to your fullness - a new mission and life.

However, many use marriage as a kind of simulator for personal self - improvement. Subconsciously, they find a person who could fill everything that is missing them, and still confuse this "gravity" with love. At the beginning of the relationship, they seem to "complement each other so well." But this addition would be really harmonious if, for example, a husband was a talented musician and his wife wrote poems perfectly. And it is absolutely unacceptable if the husband does not bring money to the house, drinks or walks them, and the wife at this time searches for additional work to provide for the whole family.

Complementing each other means to be the only team. This means to contribute to family relationships, using different skills, talents, certain abilities, skills and other different qualities.

But if you, for example, in nature are an aggressive and evil person, then the gentleness

of your husband/wife - will not make you friendly. You have to develop the necessary character traits, become a mature person and only then boldly enter into marital relationships.

Character qualities that must be formed before marriage

Each of us who is aware of all the privileges of personal growth - understands that only a mature personality will be able to create a perfect marriage. It is impossible, while in marriage, to "start" there are no qualities of character without breaking the other from the spouse.

V. Hugo once said: "Every person has three characters: the one who is attributed to them; The one she attributes to herself; And finally, the one that really is."

In fact, every person should have at least elementary abilities before:

- responsibilities;
- positive, self - ironic thinking;

- emotional rapprochement;
- ability to take care of others;
- compassion, generosity and acceptance of anyone;
- creativity;
- a healthy sense of self - confidence;
- prudence;
- ability to recognize their mistakes and shortcomings;
- firmness in their "yes" or "no";
- self - improvement.

If each spouse developed these qualities on their own, they will be able to become a "one".

In the next chapter, we will talk about the requirements that marriage makes for each spouse.

Many people dream of finding their "other half" and a lifelong loving relationship, often influenced by melodramatic portrayals. While initial euphoria and a sense of "merger" are common in the early stages of love and marriage, these feelings often fade, leading to

disappointment if true unity isn't built over time through personal development. The author stresses that healing from despair in relationships lies in one's own personal growth, not in seeking a new partner, as new relationships will likely encounter the same developmental stages and pain.

This chapter emphasizes the value of personal growth for anyone hoping to marry and explores the conditions for two individuals to become "one." This requires the presence of two independent personalities, meaning mature and fully formed individuals capable of:

- Giving and accepting love
- Being independent
- Living by their life principles
- Being responsible for their own actions
- Being self-confident
- Not hiding from problems
- Not fearing failure or mistakes
- Developing their abilities and character traits

If two mature personalities marry, their unity will be complete and harmonious. However, if one spouse is a "weak personality," true unity will be absent, causing the relationship to "limp." Marriage, ideally, is not a "simulator for personal growth" but a union of two already mature individuals where "I" becomes "we." Therefore, young couples are advised against rushing into marriage, as it is a highly responsible decision impacting future family members.

The author addresses the generational pressure on young people, particularly girls, to marry early, which often leads to early divorces and broken lives. Instead, young people are encouraged to focus on personal growth and development, as this will benefit their future marital relationships.

A crucial distinction is made between "filling the disadvantages of a partner" and "complementing personality." The example of Vasily and Alexei illustrates this: Vasily lacked self-confidence and found Alexei's

strength attractive, while Alexei lacked compassion and found Vasily's gentleness appealing. They each sought to fill their own "incompleteness" in the other, but this ultimately led to conflict and resentment because they weren't complete personalities themselves. Marriage, according to the author, is a contract between two already formed and complete personalities, where each spouse is a "specialist" in their area, adding to each other's fullness through a shared mission.

Using marriage as a "simulator for personal self-improvement" by subconsciously seeking someone to fill one's missing qualities is misguided and often mistaken for love. While harmonious complementarity involves contributing different skills and talents (e.g., a musician husband and a poet wife), it is unacceptable when one partner's deficiencies (e.g., financial irresponsibility) burden the other. True complementarity means being a united team, but one cannot change another's fundamental character traits. An aggressive person, for example, will not become friendly

simply by marrying a gentle person; they must develop that trait themselves before entering marriage.

Finally, the chapter outlines character qualities that should be formed *before* marriage to create a "perfect marriage":

- Responsibility
- Positive, self-ironic thinking
- Emotional closeness
- Ability to care for others
- Compassion, generosity, and acceptance
- Creativity
- Healthy self-confidence
- Prudence
- Ability to recognize mistakes and shortcomings
- Firmness in "yes" or "no"
- Self-improvement

Developing these qualities individually enables spouses to become a true "one." The next chapter will delve into the requirements marriage places on each spouse.

Chapter 8.

Mutual obligations of the spouse

The responsible person has the right to expect the same responsibility from another.

A mature, formed person not only takes responsibility, but also requires the same from the person he loves. Being interdependent, but not demanding responsibility from a partner means to be irresponsible. How many divorces and unhappy people happen because one spouse puts its happiness in dependence on the other? If we are not responsible for what we have, marriage is doomed to a miserable existence. How to avoid this?

In relationships, we must be guided by sincerity and sustainability. Personal growth of the spouse depends on how often partners are

able to encourage each other, telling the bitter truth they need to know.

Respect for partner's values

The mature personality respects the spiritual values of his partner.

Each person is guided by about nine basic values. It:

- * Spiritual development: moral state, actions, understanding of life values;
- * Family, close people: relationships with the other half, relatives, friends;
- * Health and sports: general well - being;
- * Financial position;
- * Career, business, favorite business, hobby;
- * Rest, emotions;
- * Self -development;
- * Dreams;
- * Environment.

Each of us has experienced a mental pain when someone ignores, does not understand, accepts or neglects the important components

of our soul. This attitude sooner or later affects us and our relationships with others.

In order not to get among such people, we must respect others' values, especially the spiritual values of our partner. Mature personalities not only accept them, but also contribute to their preservation and development in loved ones. They do not care what those who are around them feel and think.

Here is one example of such respect. I once heard a conversation with two men. One of them suggested meeting his second son next weekend to have fun in the sauna. To which the second replied: "First I have to know the opinion of my wife about it." The first man was already lifting from the following words: "How is it? Are you carrying luggage? ". He was completely unaware that his friend was counting with his wife. In fact, the second husband respected his wife deeply and was not at all dependent. He could make any decision on his own. He just always appreciated her

opinion and did not want to lose the opportunity to learn from her this time.

In a perfect marriage, the couple appreciates their distinctive features and treats them with respect. Especially if marriage was formed by them when they were already mature. They hear and understand each other, discuss everything together, often compromise or even give up their own desires.

So remember: to accept what your partner appreciates means to accept it as it is.

The concept: “You are not me”

Every person is an individual. This means that any person has both "good" and "bad". Therefore, none of us can be an "extension" to our partner.

The main component of love is the ability to cherish and accept your partner as a full person. He or she is wonderful and valuable in itself, even if his attitude to everything that is

happening does not meet your expectations. You should not be equal to it, but better with all the vigilance and care of the integrity of its borders.

To do this, you need to follow the four rules:

** Learn to see in your partner, first of all, the personality, not the object of satisfying your own needs.* The partner does not exist in order to satisfy our whims. Only the child is tested by such a feeling with respect to his or her parents. She seems to her that any desire should be fulfilled immediately. She never thinks that parents may have her life or her needs, not related to her. Such a worldview is natural for the child, but not for an adult.

** Do not impose your thoughts and feelings on your partner.* People around you have every right to their own feelings, desires and their personal experience. You cannot impose your experiences and impressions - learn how to share their own. To do this, you need to carry out introspection more often. If the result is that you are able to accept another person's life experience, treat him with sympathy and

understanding. This is called "empathy" and the ability to put yourself in the place of another. The ability to empathize is the basis of your partner's spiritual closeness.

* *Let the partner be not like you.* It is not bad to differ from each other. Differences are one of the roots from which love grows. They can only be a threat if the couple is not mature enough and is unable to remain independent of each other. For an immature person, the difference is a cooling of feelings because they are not able to take others as they are.

* *Give a partner the right to your personal space.* As I said, freedom is a prerequisite for love. If we are constantly under someone's uncertain control - love becomes simply impossible. Control contributes to the emergence of slave dependence, but not love.

John Townsend in the book "Marriage. Where is the border? He says: "Deep commitment and freedom, which contributes to the complete disclosure of individuality, is one of the most important aspects of the fullness of the individual, which ensures the growth and

development of both the person of each man and marriage as a whole."

However, many are constantly struggling to prevent the freedom of their partner. Sometimes this is manifested in almost a pathological form of fear, when one spouse is not even able to explain such behavior. This happens to those who are subconsciously afraid to lose their partner. It seems to him that, giving freedom to his partner, he will lose the opportunity to keep him near him. These are mistakes of immature personalities. Mature understands that it is possible to lose a companion of life only constantly pressing on him and depriving him of his freedom.

Justifying all of the above, I can only point out that there is no exact "value" of independence, which will benefit all married couples. It is measured by the maturity of the spouse, in no case suffers from their concept of "we". For them, it is quite obvious that everyone is free. And they only discuss how to dispose of this freedom, without questioning its existence.

A responsible individual not only embraces responsibility but also expects it from their loved ones. Interdependence without demanding responsibility from a partner leads to irresponsibility, which can result in divorces and unhappiness, as one person's well-being becomes dependent on the other. To avoid this, relationships require sincerity and stability, with partners encouraging each other and offering necessary truths for personal growth.

Respect for Partner's Values

A mature individual respects their partner's spiritual values. Everyone is guided by about nine core values:

1. ***Spiritual development:*** moral state, actions, and understanding of life values.
2. ***Family, close people:*** relationships with one's partner, relatives, and friends.
3. ***Health and sports:*** general well-being.
4. ***Financial position.***

5. Career, business, favorite pursuit, hobby.

6. Rest, emotions.

7. Self-development.

8. Dreams.

9. Environment.

Ignoring or neglecting these important components of another person's soul causes pain and affects relationships. To foster healthy relationships, we must respect others' values, especially our partner's spiritual values. Mature individuals not only accept these values but actively contribute to their preservation and development in their loved ones, showing genuine care for their feelings and thoughts. An example illustrates this: a husband, when invited to a social event, first consulted his wife, demonstrating deep respect for her opinion rather than dependence. In a perfect marriage, mature couples appreciate and respect each other's distinctive features, engaging in open discussion, compromising, and sometimes yielding their own desires. Accepting your partner's values means accepting them as they are.

The Concept: "You are not me"

Each person is an individual with both "good" and "bad" qualities, and no one can be an "extension" of their partner. The core of love lies in cherishing and accepting your partner as a complete person, valuable in themselves, even if their attitudes don't align with your expectations. Rather than trying to make them like you, you should vigilantly and carefully protect the integrity of their boundaries.

To achieve this, four rules should be followed:

1. ***See your partner as a personality, not an object for your needs.*** A partner exists as an individual, not to satisfy whims, which is a childish worldview.
2. ***Do not impose your thoughts and feelings on your partner.*** Everyone has a right to their own feelings, desires, and experiences. Learn to share your own through introspection and cultivate empathy—the ability to understand and

share the feelings of another. Empathy is the foundation of spiritual closeness.

3. ***Allow your partner to be different from you.*** Differences are not inherently bad; they can be a source of love's growth.

They only become a threat if the couple is immature and unable to remain independent, leading to a cooling of feelings because they cannot accept others as they are.

4. ***Grant your partner the right to their personal space.*** Freedom is a prerequisite for love; constant control leads to slave dependence, not love. As John Townsend states, "Deep commitment and freedom, which contributes to the complete disclosure of individuality, is one of the most important aspects of the fullness of the individual, which ensures the growth and development of both the person of each man and marriage as a whole."

Immature individuals often fear that granting freedom will lead to losing their partner, while mature individuals

understand that stifling freedom is what truly causes loss.

Ultimately, there is no single "value" of independence that applies to all married couples; it is measured by the spouse's maturity and does not diminish their sense of "we." For mature couples, individual freedom is a given, and they focus on how to responsibly exercise that freedom.

Chapter 9.

“Where your treasures are there - there will be your heart”

The system of values of your family is a reliable foundation for the family home. What relationships do you value, you will eventually have. If they are important to you, if you both work in the right direction, then your family

home will be long. Family couples who have lived together for many years will confirm it. In this chapter, I want to talk about the most important family values that will bring harmony and peace to your marriage. But before you go to them, let's look at one of the most difficult.

“Difficult value”

Marriage is by far not easy work for two people, where happiness is achieved only by hard work on their character. If we are able to find joy and satisfaction in all circumstances, then we can overcome the "difficult" times for the family: conflicts, insults, differences in views, disappointment, and more. Imagine you have taken a dog. Doesn't that mean that you now have to make efforts to keep it? It will need to walk regularly with it, clean it, and pay at least some attention. Sometimes it won't give you happiness.

According to statistics, all families face it, but the benefits of such situations are that they can

have a positive impact on the strength of marital relationships. That is why happiness is such a "difficult value". Mistakes should be learned. In this way, you will multiply not only your family but also life experience.

Therefore, if you are constantly faced with family problems - "Do not marry horses", "Do not cut from your shoulder" and do not go the easiest, at first glance, way - divorce. Not like a young child who seems to be happy at the moment is the limit of dreams. It is a very selfish lifestyle that, by and large, self-destructive. Do not be afraid to work for your own spiritual growth, and happiness will certainly come to you!

Family values

Here's their list:

- * Love for a partner.
- * Openness and sincerity.
- * Loyalty and dedication.
- * Generosity and ability to forgive.

There are two types of people: the first is those for which the main ones are their desires. They live, constantly striving for their own happiness. For people of the second type, the main ways are to achieve their desires. They do their job without thinking about the reward, and go to sacrifices.

The same thing happens with our "treasures". Now let's move on to their consideration.

Love for a partner

Each person has their own idea of what love is. For someone, it is a romantic relationship, and for someone a reliable rear. To love someone - it means to know the joy and bitterness, to feel pleasure and mental pain, to feel taste for life and disappointment.

Many will agree with me if I say that love is an incredible force. Her miraculous power is that she is able to bring two completely different people closer. True love only cares for being well.

To love a partner "like himself" is to be able to put himself in his place, to feel what he feels, to become one with him. This means constantly thinking about how your behavior will influence him and try to change his life for the better.

How would you feel if you were deprived of your ability to develop your abilities and talents? What exactly would you feel? Of course, the state of full mental stagnation and emptiness. And if you wanted to get the opportunity to grow and develop? Of course, you would need such a person who would give you freedom and conditions for this.

But such love is not easy and very troublesome. It causes great inconvenience, but those who remain in the family until the end and undergo significant changes, receive a great reward. These internal commitments enable us to find the time, way and effort to change ourselves.

Openness and sincerity

It is known that a secret lifestyle in marriage destroys the interaction between spouses. Very often, people try to hide the true truth about themselves with seclusion, and sometimes even with the help of lies.

Lies and hidden change the first impression of a person. This happens because during the love period, a loved one or a woman seems "perfect". But as soon as it turns out that the elect was not honest in the relationship, trust in him disappears. Therefore, I tend to think that young couples cannot rush to marry until the pink diaper comes down from the eyes, and you do not know the person much better.

One friend of mine responded so much about his ex - wife: "I thought she was telling me everything as is. But suddenly he learned that he did not know her at all. All that she, as a thief took out from my home, became the price I paid to find out her true essence. "The couple deceives each other differently.

Sometimes they lie about little things, for example, hiding the real amount of money. And sometimes the lie begins to relate to serious things: betrayal and even a true attitude towards the person himself, giving it for love.

Here is an example. Tamara is in a bad mood again. Once again it turns out that Maxim is quite cold to her, although sometimes it seemed completely different. She was frantic with rage. It is not the first time that a man misled her about her true attitude. For a while, it seems that he is not indifferent to her, but sometimes it seems that Maxim not only does not love her, but even hates her. And such a "contrast shower" happens for many years.

"I just need to know what is really going on," Tamara explained to me somehow.

- I'm ready to hear any truth. He cannot understand that I can be trusted. I can no longer bear all these surprises. His insincerity kills me.

She could not explain anything to me: I knew she was not afraid of any difficulties. Without unnecessary words, she would tirelessly sought ways to solve their interpersonal problems with Maxim.

But he didn't know it. He was afraid to tell Tamari what huge personal difficulties he really had to deal with. However, Maxim underestimated the devastating force with which deception and insincerity invade human relationships. The wife was increasingly raging when she learned once again: her husband tells her one thing, and in fact it happens. She concluded: "It turns out that I do not know him. I used to think that I knew. And it turned out that it was not."

Deception is the first obstacle that does not allow a person to work on himself, because he denies the very existence of the problem. It is a difficult sin in marital relationships, because forgiveness becomes unattainable to such a person, because he does not openly admit her guilt.

A deceived partner may not expect it because he believes that he knows his other half. But when he is constantly deceived in everything, and then the truth acts in a disappointing light, such an act of a native person is perceived on an equal basis with betrayal.

Despite the fact that such cases sometimes happen in our lives, I still believe in the existence of sincerity. But only if it stands along with love, moral principles and the ability to forgive. Without them, sincerity can lead to family relationships only to break.

A full - fledged marriage requires true closeness, and it comes only when we know a person to the depth of his soul. If this does not happen, the relationship appears false. It is very important that a man and a woman are able to separate the deepest feelings, needs, pain, desire, miss - everything that happens in the human soul. Only in such circumstances will you feel safe in marriage.

Internal fears

For a man and a woman to tell each other the truth, they need to overcome their inner fears:

- * Fear of mental closeness, unwillingness to be known to the end.
- * Fear of being unacceptable.
- * Fear of falling under the partner's influence.
- * Fear of not being good enough for a partner.
- * Fear to show your weakness, imperfection.

In this book, I will not delve into thinking about fears, but since I have to touch this topic, I just want to give a person "mysteries" some recommendations:

** If you are afraid of a close relationship, then you should first recognize the problem.* This happens with those people who have caused a mental trauma in previous relationships. Therefore, instead of openness, there is a stable distrust of the environment, especially people of the opposite sex. If you really do not want to open your soul in front of your partner, then you first need to recognize and accept it. Next, understand what fears are at

the heart of your hiddenness. Try to find a loyal friend who is open and sincere in nature. Practice with him in openness. This will help you become yourself again. If you do not see any betrayal, then try to be bolder in a relationship with your partner.

** Learn to be honest with those who do not hurt you.* If you are already in a relationship with a person who is pure with your heart and open to you, then do not delay with frankness, otherwise it will be dishonest with respect to it. If you sincerely love this person, let your feelings help you with this.

** Recognize and realize the fact that your spiritual seclusion does not build, but most likely destroys not only you as a person but also your marriage.* You need to be open and honest: first and foremost with yourself and in front of your partner.

** Do not "pose" when your partner requires your sincerity and openness.* Do not protest against your partner's attempts to clarify the ambiguities about you or your behavior. Allow him to ask you any questions that interest him. Do not insult his feelings and desire to better

understand you with your inaccessibility. All this is necessary for your relationship to be as transparent and understandable as possible.

Tips for a “deceived” partner You should:

* *Promise yourself to never allow tactless behavior with a partner trying to be open with you.* This does not mean that everything he will tell you will remain without consequences. But in any case, do not punish, do not condemn, do not ashamed, and even more so - do not seek him.

* *Create such circumstances for a partner for which he could feel safe.* Let him know that his openness will be good not only for you but also to him. If you find that the main problem of your partner is in his fear: to be rejected, to the end unclear, unacceptable, then try to behave in such a way as not to remind him of the person who once offended him. Every time you observe the manifestations of the concealment of your companion, gently ask him the guidance questions. All this is needed to find out the circumstances in which it begins to lock and try to avoid them.

* *Use sincerity.* If you are waiting for sincerity and honesty from your partner, you need to be an open person. Otherwise, if your partner feels a little falsehood in your "truth" and doubts your honesty, then even the most honest person in the world cannot be completely open in such circumstances.

All difficult marital situations can not be done without wisdom. Only it will help you to safely understand the couple in difficult situations of their family life. It is only through her "tips", they will be able to decide: what actions need to be done here and now, and what else to wait. It is only through the common and wise efforts of the two hearts that the openness in the family will become the norm.

This chapter discusses the critical role of family values in building a strong marital foundation, emphasizing that what relationships are valued will ultimately be achieved through mutual effort.

"Difficult Value"

Marriage is presented as hard work requiring two individuals to cultivate their character to find joy and satisfaction in all circumstances, enabling them to overcome "difficult" times like conflicts, insults, and disappointments. Just as owning a dog requires effort and attention, so does a marriage. These challenging situations, though common, can positively impact marital strength. Happiness is considered a "difficult value" because it requires learning from mistakes and personal growth rather than resorting to easy solutions like divorce, which is likened to a selfish and self-destructive childish pursuit. The text advocates for working on spiritual growth to achieve happiness.

Family Values

The core family values listed are:

- Love for a partner
- Openness and sincerity

- Loyalty and dedication
- Generosity and ability to forgive

The author distinguishes between two types of people: those driven by their desires for personal happiness, and those who prioritize achieving their desires by working diligently and making sacrifices without focusing on reward. These "treasures" are then explored in detail.

Love for a Partner

Love is defined as an incredible force that can bring two disparate people together, with true love focused on the well-being of the other. Loving a partner "like oneself" involves empathy—putting oneself in their shoes, understanding their feelings, and constantly considering how one's behavior impacts them for the better. The text highlights that love, while challenging and inconvenient, offers great rewards for those who commit to it and undergo significant personal changes. This

internal commitment empowers individuals to dedicate time and effort to self-change.

Openness and Sincerity

A secret lifestyle in marriage destroys interaction. People often hide truths through seclusion or lies, which can shatter the initial idealized perception of a partner. The author advises young couples against rushing into marriage until they truly know each other. An example illustrates how a friend's ex-wife's deceit, even in small matters like finances, led to a profound sense of betrayal. The story of Tamara and Maxim further emphasizes the destructive nature of insincerity; Maxim's inconsistent emotional behavior and fear of revealing his personal difficulties drove Tamara to rage and a feeling of not truly knowing him. Deception prevents self-improvement by denying the existence of problems and makes forgiveness difficult because guilt is not openly admitted. A deceived partner experiences such deceit as betrayal. The author maintains belief in

sincerity, but only when it is coupled with love, moral principles, and forgiveness, as without these, sincerity can lead to marital breakdown. True closeness in marriage requires knowing a person to the depth of their soul, openly sharing feelings, needs, pain, and desires, creating a safe and transparent environment.

Internal Fears

To achieve truthfulness, both partners must overcome inner fears, including:

- Fear of mental closeness and complete transparency.
- Fear of being unacceptable.
- Fear of falling under the partner's influence.
- Fear of not being "good enough" for a partner.
- Fear of showing weakness or imperfection.

Recommendations are provided for overcoming these fears:

- ***Recognize and accept the problem of fear of close relationships***, especially if it stems from past trauma. Practice openness with a trusted, sincere friend to rebuild trust and become bolder in the marital relationship.
- ***Be honest with those who do not hurt you***. If in a relationship with a pure-hearted and open person, do not delay frankness, allowing sincere feelings to guide you.
- ***Realize that spiritual seclusion destroys both the individual and the marriage***. Be open and honest with yourself and your partner.
- ***Do not "pose" or protest when your partner seeks sincerity and openness***. Allow them to ask questions and avoid insulting their desire to understand you; transparency is crucial for the relationship.

Tips for a “Deceived” Partner

If one is the "deceived" partner, they should:

- ***Never react tactlessly*** when their partner attempts to be open. Do not punish, condemn, shame, or seek revenge, even if what is revealed has consequences.
- ***Create a safe environment*** for the partner to feel secure in their openness. Understand if their concealment stems from fear (of rejection, unacceptability) and avoid behaviors that remind them of past hurts. Gently ask guiding questions to uncover the circumstances of their hiddenness and help them avoid those situations.
- ***Be sincere yourself.*** If you expect honesty, you must be open; any perceived falsehood on your part will hinder your partner's ability to be fully transparent.

The chapter concludes by stating that wisdom is essential for navigating difficult marital situations, guiding decisions on when to act and when to wait. Through shared and wise efforts, openness can become the norm in a family.

Chapter 10.

Causes of family triangles

In this chapter, I will talk about what extraneous forces can become serious rivals for your marriage. As I said, marriage by its essence has a certain framework. But there are good reasons why you need to learn to speak "no" not only to your partner but also to the outside world. Earlier, I already wrote about one of these "objects" that weaken marriage.

Here is their approximate list:

- * Hobbies, business, work, admiration;
- * Joint and non -native children;
- * Gambling, social networks;
- * Parents of husband or wife;
- * Friends;
- * Dependence on narcotic substances;
- * Church;
- * Physical betrayal.

Not all of the above is bad in itself. But, as they say in the people, "Everything can be, but not everything is good." Sometimes even the most harmful at first glance "objects" can play their destructive role.

Here is an example. Tai was in a panic. This happens with her every year. The twenty - third anniversary of Oleg together was approaching. Every year, friends were unobtrusively reminded of this day, asked about plans, greeted with marital longevity. Taisiya and Oleg always tried to celebrate the birthday of their family somehow.

With the approach of a significant date, a sentimental, vulnerable nature - more and more thought about the years lived. And the more she analyzed her life, the harder it covered sadness. Her marriage was more reminiscent of not a marital union, but a composition, which was stuffed with various events and actions. So much came into their lives over the years: children, promotion, friends. But everything that happened turned

around around the surrounding people and things, and there was no place for personal relationships in this marriage. During her active, in the bride, Tai's full life has repeatedly felt lonely and detached from something of the main.

But it was not always possible. In the early years of married life, they could talk to each other for hours without a vega. Everyone was very experiencing the joy and pain of another, understanding the state of his soul. It seemed to her that she had found a sincere friend who she dreamed of in her life. But over time, when children, work and everything else began to take away all their efforts and time, their personal relationships went down. This was not the case in many families when there is a natural decrease in the intensity of feelings over the years. They were no longer close people, but only created the visibility of this in people. For that approach, the approaching date was a sad reminder of a full life externally, but internally irresistibly empty.

The situation with Taisia clearly illustrates the most important aspect of marriage boundaries: the family union requires reliable protection. After all, marriage is a contract only between two parties. But it is often the case that one of the spouses for some reason draws something or a third. And this triangle is able to destroy any, sometimes even the strongest, alliance of two people.

Types of family triangles

Your marriage may not be prone to any of the listed "objects", or maybe on the contrary, is prone to everyone at once. In any case, remember: if at least one of them seriously stands between you and your partner, you will lose confidence in each other.

I would like to dwell on some of them.

1. Hobbies, business, work, admiration.

If a person is excessively absorbed by something of the above, he or she may well be considered a "workaholic". There are a

number of reasons why one of the spouses gives itself completely and without any employment.

Here are some of them:

* *"Escape" from problems.* Some people, not wanting to solve problems with a partner, begin to feel an irresistible need to "forget" in work or other pressing cases. Such an escape from problems, although it helps them to get distracted for a while, but does not solve the problem itself. Each time as soon as the inner anxiety increases, they rush again and again "in the swirl", to somehow get pleasure and a positive result from their activities.

* *Anger on yourself and the environment.* Anger and anger in themselves are negative emotions, but even they are able to become a strong source of motivation for a person. Such a peculiar manifestation of the "willpower", on the one hand, helps a person to achieve what he could not before, and on the other - completely able to make it inside. And after all the passions fall, her heart will overcome the "call void."

* *The desire to feel "valuable" in the eyes of others.* If a person feels that at work, employees appreciate it more than at home, then other areas of life, such as communication with a partner and rest with friends, cease to exist for her. She really begins to like only her activity. Everything else loses any meaning.

* *Loneliness.* Unfortunately, it happens: one of the spouses feels completely alone in marriage, despite the fact that he is always surrounded by loved ones. But each of them does his own business and may not pay any attention at all. Therefore, he tries to spend most of his time at work. Why rush home if no one is waiting for it?

* *Lack of freedom.* It is often the case that one of the spouses' desire to go home from work is sharply reduced. And why, if he is waiting for a grumpy wife, capricious children and other eternal problems. Some desperate workaholics are even ready to appear at home around the clock and spend time on business trips to feel freedom.

In all these cases, the solution will not be retired, but processing your character and a complete rethinking of your own views on marital relationships.

2. Cool and non -native children.

Children intervene directly in the relationship of the couple. They require endless attention. Because of this, it is often the case that one spouse (most often the wife) completely switches on its descendants. Such mature people give themselves completely and without their children, forgetting about their obligations to the partner.

You can deny, but if the couple puts parental responsibilities above the married, they will have big problems in their marriage sooner or later. And these problems can further adversely affect their children.

Particularly acute are those who are married to a partner who already has children. Children in this case always take the position of their biological father or mother. And as soon as a conflict situation is formed between the

spouses, they immediately take a defensive position with their father or mother by blood. At the same time, the "guilty" partner does not see himself as guilty at all, and therefore the problem is not solved, and the "alien" partner remains in the minority.

Here are the most typical examples of parental behavior:

* *Hiding behind the backs of children.* When a mental closeness is lost between the spouses, there is a conflict situation. At the same time, one of the spouses does not want to deal with its reasons, and he is inclined to involve children in his "showdown" with his partner - children are always "at hand"... Such a couple should carefully understand the causes of their conflicts and try to eliminate them without involving children. After all, the children will sooner or later be expelled from the nest, and you gave your partner a marriage oath.

* *Redundancy in the upbringing of children.* A misconception about the role of parents and the value of marriage. You can often meet

parents with a hypertrophied sense of responsibility for their children. A hypertrophied sense of responsibility is one of the varieties of phobias. Most often, women behave. It seems to them that children constantly need them, and an adult" can take care of themselves.

Such a couple should be in proportion to distribute their attention. They should understand that the education of the child is based on the principle of gradual separation from parents' care.

* *Formation of clear boundaries with children, not with a partner.* The couple should learn to set boundaries, not whisper with the children behind the partner's back about his shortcomings. It is not necessary to make children with their "allies" - this is a negative contribution to their upbringing. In this way, you not only distort their understanding of the Marriage Institute, but also unfairly adjust them against your second half.

3. The parents of a husband or wife.

Parents, like children, can play their negative role in the relationship of the couple. It is quite obvious that in conflict situations between spouses, they tend to protect each only "their child". In such cases, I would advise the couple not to involve my parents in my controversy. But if that happens, then you should:

** Do not impose your scenario of events.* It happens that a man and a woman are unable to solve controversial issues among themselves, and run to their parents for "wise advice". It is quite obvious that they give a conflict situation "from their bell tower." Parents, in turn, are in a hurry to protect their "innocent chick" from rubbing "predator" - a partner. I think you are quite familiar with this picture. My advice to my daughter or son: if you are already bursting with anger and images of a partner, then at least go to support not to your parents, but to your partner's parents.

So, firstly, you will be unnecessary to get to know your other half better, and secondly, the desire to "iron yourself on your head" will fall off, and thirdly-you will not adjust your parents against a partner, because "passion" will sooner or later subside and their consequences will remain.

** Trust their problems with competent people.* Go for help with specialists. These can be psychologists, spiritual mentors or other "uninterested" people. To help you understand not only your problem, but also your partner's problem. Interference with your marriage, if you should be present, is only competent. Because only a person with a special experience is aware of the common involvement of the spouse in a conflict situation.

4. Extraordinary connections.

This can happen in almost every marriage. Especially when a lot has accumulated in the relationship: formalism, superficiality in communication, boasting achievements, selfish requirements, and at the same time

very little: sincere acceptance, emotional warmth, sincere dialogue, spiritual closeness and mutual assistance.

There are a number of reasons for this cooling in love, but I will name only some of them:

* *"Distance" relationships.* The cause of this behavior may be hidden, incomplete and not fully clarified by the conflict between the spouses. For example: a man and a woman raised a topic that excites them both. They began to quarrel. But not wanting to continue the dispute, they continue to decide to bypass this topic.

This happens with other topics. And so, as a result, they have nothing to talk about, because their constant differences and misunderstandings do not lead to anything good.

In order to prevent further quarrels and preserve at least some relationships, they are saved by a kind of distance.

* *Unstable mental closeness.* Such relationships are characterized by the fact that they have more emptiness and cold than feelings and affection. The couple ceases to be interested in each other, to discover their true spiritual experiences. There is no heat or fire in such relationships. And so, reaching the peak, and are no longer able to bear such relationships, the couple can even imperceptibly switch to themselves.

* *Conflict relationship.* In this case, conflict situations with subtext are implied. When a man and a woman quarrel because of minor little things, for example: "did not put a spoon" or "did not properly serve on the table." The slight at first glance "spikes" have completely different meanings. The true cause of their internal conflict is hidden because of the hopelessness to clarify at least something in relationships with a partner. The result of such conflict relations is fatigue from constant pressure and misunderstandings.

* *The need for recognition.* When one of the spouses awaits at least any recognition and

does not receive, he finds on the side of such a person who will constantly admire him.

Based on all of the above, one thing is clear: you have to make considerable effort to protect your marriage. And above all - from themselves.

You need to understand and accept the fact that you will not be able to avoid numerous conflicts in marriage. Therefore, bring your differences to a positive result for both of you. Do not be afraid to risk for the sake of mutual rapprochement. Otherwise, if you passively wait for everything to go by itself - your common relationship will come to an end!

Renunciation for good

Unfortunately, not many young couples have a pleasant fact that when they come into marital relationships, they will have a lot to give up. After all, there are a huge number of templates of destructive behavior that they have absorbed almost since childhood.

And they carry all this "luggage" with them in a marriage relationship, not wanting to leave it beyond the threshold. And this "luggage", in turn, over time, little by little destroys their family idyll. It's like building a house on sand. Rainy weather will destroy the foundation of this building sooner or later, and even the strongest at first glance will destroy the home. Nothing happens by itself. Bad and good has its beginning, development and end.

Here is an example. Before the marriage, Svetlana was an active and active person. She had many friends, she worked, loved to travel, visit, study, and play a lot of sports. She had time. And here Svetlana met Victor. They fell in love with each other and married. Svetlana continued to lead the former way of life, trying to attract him and Victor. Before his marriage, he was not as active as her, and tried to participate in everything with her. But after a while, Victor said:

- I do not like to do everything you do. But I do not want to sit alone at home all the time

until you are gone. In these words, he began the process of forming personal boundaries in marriage.

Svetlana was not easy for Svetlana to give up her hobbies. She began to believe that marriage restricts her freedom, and even offended Victor. But soon she realized: there is a real, deep affection between them. For the sake of preserving it, she is ready to compromise. She said: "I thought that" being married "is different from" being unmarried "only by the fact that you are accompanied by a man everywhere." Svetlana did not take into account the following: to maintain a close relationship, it takes a lot of time to spend together. She has now begun to understand that marriage requires rejection of freedom for her own growth. Fortunately, Svetlana had the mind to appreciate Victor with dignity and abandon that there was no such importance in her life.

As I said before, the objects of our renunciation can be: pity for myself, the need for "friendly" participation of anyone, bad habits, "hobby" and other affection to something. I will no longer return to discuss them again, I want to say only one thing: the renunciation in the name of the family is dictated by life.

After all, talking about the need to protect my family from "outside" intervention, I do not in any way impose on you the idea that marriage is a purely autonomous state in which the couple satisfies all emotional needs with each other. It would already be idolatry.

On the contrary, I urge the couple not to fall into the extreme, but to keep the balance between the outside and the inner world. After all, some "sources of love" can help you not only feel better, but also love your partner. It can be anyone: acquaintances, psychologists or other people with experience. They will help you get out of a dead end.

And there will be many such deaf angles! Almost every family has a period when you already know everything about your partner. There is a kind of "supersaturation" when the novelty and sharp feelings of relationships with a partner are lost. Sometimes this period is stormy - with scandals, and sometimes - unnoticed. Just at one point you realize that they have become alien. Such relationships require something like a reboot. But we will talk about it in the following chapters.

Chapter 11.

Mutual obligations of the spouse

The responsible person has the right to expect the same responsibility from another.

A mature, formed person not only takes responsibility, but also requires the same from the person he loves. Being interdependent, but not demanding responsibility from a partner means to be irresponsible. How many divorces and unhappy people happen because one spouse puts its happiness in dependence on the other? If we are not responsible for what we have, marriage is doomed to a miserable existence. How to avoid this?

In relationships, we must be guided by sincerity and sustainability. Personal growth of the spouse depends on how often partners are able to encourage each other, telling the bitter truth they need to know.

Respect for partner's values

The mature personality respects the spiritual values of his partner.

Each person is guided by about nine basic values. It:

- * Spiritual development: moral state, actions, understanding of life values;

- * Family, close people: relationships with the other half, relatives, friends;
- * Health and sports: general well -being;
- * Financial position;
- * Career, business, favorite business, hobby;
- * Rest, emotions;
- * Self -development;
- * Dreams;
- * Environment.

Each of us has experienced a mental pain when someone ignores, does not understand, accepts or neglects the important components of our soul. This attitude sooner or later affects us and our relationships with others.

In order not to get among such people, we must respect others' values, especially the spiritual values of our partner. Mature personalities not only accept them, but also contribute to their preservation and development in loved ones. They do not care what those who are around them feel and think.

Here is one example of such respect. I once heard a conversation with two men. One of them suggested meeting his second son next weekend to have fun in the sauna. To which the second replied: "First I have to know the opinion of my wife about it." The first man was already lifting from the following words: "How is it? Are you carrying luggage? ". He was completely unaware that his friend was counting with his wife.

In fact, the second husband respected his wife deeply and was not at all dependent. He could make any decision on his own. He just always appreciated her opinion and did not want to lose the opportunity to learn from her this time.

In a perfect marriage, the couple appreciates their distinctive features and treats them with respect. Especially if marriage was formed by them when they were already mature. They hear and understand each other, discuss everything together, often compromise or even give up their own desires.

So remember: to accept what your partner appreciates means to accept it as it is.

The concept: “You are not me”

Every person is an individual. This means that any person has both "good" and "bad". Therefore, none of us can be an "extension" to our partner.

The main component of love is the ability to cherish and accept your partner as a full person. He or she is wonderful and valuable in itself, even if his attitude to everything that is happening does not meet your expectations. You should not be equal to it, but better with all the vigilance and care of the integrity of its borders.

To do this, you need to follow the four rules:

** Learn to see in your partner, first of all, the personality, not the object of satisfying your own needs.* The partner does not exist in order to satisfy our whims. Only the child is tested

by such a feeling with respect to his or her parents. She seems to her that any desire should be fulfilled immediately. She never thinks that parents may have her life or her needs, not related to her. Such a worldview is natural for the child, but not for an adult.

** Do not impose your thoughts and feelings on your partner.* People around you have every right to their own feelings, desires and their personal experience. You cannot impose your experiences and impressions - learn how to share their own. To do this, you need to carry out introspection more often. If the result is that you are able to accept another person's life experience, treat him with sympathy and understanding. This is called "empathy" and the ability to put yourself in the place of another. The ability to empathize is the basis of your partner's spiritual closeness.

** Let the partner be not like you.* It is not bad to differ from each other. Differences are one of the roots from which love grows. They can only be a threat if the couple is not mature enough and is unable to remain independent of each other. For an immature person, the

difference is a cooling of feelings because they are not able to take others as they are.

** Give a partner the right to your personal space.* As I said, freedom is a prerequisite for love. If we are constantly under someone's uncertain control - love becomes simply impossible. Control contributes to the emergence of slave dependence, but not love.

John Townsend in the book "Marriage. Where is the border? He says: "Deep commitment and freedom that contributes to the complete disclosure of individuality is one of the most important aspects of the fullness of the individual, which ensures the growth and development of both the person of each man and marriage as a whole."

However, many are constantly struggling to prevent the freedom of their partner. Sometimes this is manifested in almost a pathological form of fear, when one spouse is not even able to explain such behavior. This happens to those who are subconsciously afraid to lose their partner. It seems to him

that, giving freedom to his partner, he will lose the opportunity to keep him near him. These are mistakes of immature personalities. Mature understands that it is possible to lose a companion of life only constantly pressing on him and depriving him of his freedom.

Justifying all of the above, I can only point out that there is no exact "value" of independence, which will benefit all married couples. It is measured by the maturity of the spouse, in no case suffers from their concept of "we". For them, it is quite obvious that everyone is free. And they only discuss how to dispose of this freedom, without questioning its existence.

Chapter 12.

The behavior of a spouse who respects personal borders in conflicts

In any conflict situation that needs to be resolved, there are two important points immediately:

- * the conflict situation itself;

* ways to overcome it.

Observations show that for most couples the second point - ways to overcome the conflict - is the greatest difficulty. And only a few married couples with the second point are all right, and therefore the first will be good.

I call a couple who seeks to overcome difficulties who respects other people's borders.

They are characterized by the fact that they are:

- * do not reject, not justify and recognize "expositions", listen to the guidelines of others;

- * are responsible for their actions;

- * are able to look at themselves on the other hand and fairly evaluate their behavior;

- * able to put themselves in another person's place;

- * respect the individuality in the partner, give him freedom and the right to personal space;

- * feel an internal need for personal growth and internal changes.

From all of the above it follows that the one who respects other people's borders, open to the perception of truth, which means that in his relationship with his partner there will be positive changes:

- * the couple is able not only to listen, but also to hear each other;

- * each of them has their own feelings and thoughts they exchange and come to mutual agreement;

- * advise each other before making a decision concerning both of them;

- * without fear of the consequences, say "yes" or "no" to each other;

- * are able to accept "yes" with gratitude, and "no" without insult;

- * adapt to each other, compromise;

- * without fear of the consequences, defend their personality;

- * solve all disputes and conflict situations at the "round table of negotiations" and then take measures to solve them;

- * without fear, they share with each other: pain, images, interests and regret;
- * able to give up what causes pain to each other;
- * capable of self - irony;
- * count with thought and listen to each other's advice;
- * able to put themselves in each other's place;
- * They are condescending to each other's whims.

Based on all of the above, any controversial question between the border spouses, not only easily and painlessly resolved, but also able to strengthen their relationship even more.

So, we have seen that the chance of a prosperous resolution of conflicts with the independence spouses is very large. Now let's see what conflicts are with a person who does not "respect other people's borders."

Chapter 13.

The behavior of a spouse that does not respect other people's borders in conflict situations

As you have noticed in the previous chapter, I briefly outlined how those spouses who respect the freedom of others in conflict situations are behaved in conflict situations. It is quite obvious that when the husband and wife begin the process of creating borders, they are quite possible.

However, there are those who do not see the benefits of this gift. I call such people who do not respect other people's borders. Their behavior is reminiscent of the commander's behavior on the place. They are peculiar:

- * partial or complete seclusion;
- * blindness regarding their own mistakes and abusive behavior;
- * protest against self restrictions;
- * accusations of all in a row of their problems;

- * "Transfer of arrows", that is, projection of one's guilt on others;
- * evasion of clarification of relationships, from discussing personal problems;
- * anger, inflammation, irritability, stubbornness;
- * intolerance to other people's mistakes and misses;
- * The role of "God" is the only one in the universe that does not require correction.

Such "commanders" often have to hear from others that by their behavior they insult the other half and that they need to change. They are not at all amenable to "painful discipline" to set acceptable limits.

Unfortunately, there are still a lot of "mixed marriages", where one of the spouses sees that the other does not want to "carry their burden". Such relationships are in a miserable state and require radical changes.

There are two types of spouses with unidentified limits:

* First type: one who resists the establishment of boundaries because of their ignorance;

* Second type: one who resists the setting of boundaries because of personal characteristics.

From the point of view of a person who resists the setting of boundaries because of his ignorance

The biggest problem in "mixed marriage" is that a person who does not recognize the borders does not understand the point of view of the one who recognizes them. Its resistance is caused by simple ignorance.

The Neviglas man opposes the borders only for the reason that he sincerely believes that her actions do not offend anyone, and others only unreasonably cling to her. This behavior is peculiar to children and immature personalities who always protest against compliance with any boundaries.

In ordinary everyday life, such a husband or wife can be a completely responsive and loving person. But as soon as it comes to some limits, her warm feelings for the partner immediately evaporate, and their place comes anger, accusations and malicious occasions. However, a little calm, this person can even accept the truth about himself and change.

Most recently, my friends, Nicholas and Galina, illustrated it in their own example. When Nicholas tried to say to Galina that she was wrong, she always ignored his words. She usually replied: "No, it just seems to you. In fact, I behave at all. " And he stopped.

Finally he said:

- I don't expect you to agree with me. I just want you to understand what I'm talking about. When you think I am not right without even listening to my point of view, you contribute to the emergence of alienation between us.

In such words, Galina was already frightened. After listening to Nicholas, she said:

- Tell me about everything. What am I doing wrong? I see my behavior causes you pain and I don't want it.

He explained to her. She understood everything and said:

- Kolya, sorry to me. I didn't even know it. As soon as I do something again, you tell me right away, okay?

Nicholas almost cried. He felt that a huge stone fell from his soul, because they became mentally close to people with Gale. It went beyond the emotional framework of allowed because of ignorance, not because of dishonor. To change, she just had to know that the man was experiencing pain.

So, whether you are right about the ignorance of a partner or not, you will understand as soon as you feel about everything you feel. He will either agree with you and will change or will resist even more. And it will only be

resisted if its perseverance is caused by "characteristic disorder".

A person who resists the setting of boundaries because of personal characteristics

Let's imagine that your partner understands all your feelings and experiences, but still ignores them. This means that you have a hard enough but effective job. After all, such people have an inviolable rule in life: "I do what I want and when I want, and if someone does not like something - let it go away!". They require full freedom and independence, while they limit others.

In addition, solving this issue on your side may not appear to anyone, and you do not have to wait for someone's support.

All that is required of you in this position is:

** Do not fall into a shock state from your partner's actions. If you come to the*

conclusion that your partner's actions are the consequences of his characteristic disorder, be prepared for the most unpredictable turns of his behavior. The most important thing - do not let the images, first let yourself get out of shock. Then act, otherwise, if your partner does not meet any external resistance that causes him pain, he will remain unmanaged.

** Do not close your eyes to what is happening and do not reduce its value.* Do not ignore the situation in the hope that everything is somehow settled. Since you have already encountered a very serious problem, namely the absence of internal borders in a person - playing with reality will not help. Do not hope that everything will be passing by itself. After all, everything has its consequences: you have an accumulation of an image; A partner - in general, a habit of being a permanent dictator. Subsequently, in this mode, you will not last long, because over time you just get tired of forgiving, and increasing inner pain will lead to cooling your feelings to your partner.

** Do not try to yield or please your partner once again, hoping that everything is settled*

with the help of love. One love to achieve the spiritual maturity of your partner is not enough. Your concessions will only cheer him up. In this case, endurance, willpower and hardness are required.

* *Don't grumble.* An endless protest demonstration will not help you. First, it will look ridiculous, and secondly, your behavior will only cause extra friction with each other. If you can no longer hide your indignation, then there are three options: to speak to a reliable person, find a moment to negotiate with a partner at a "round table", or immediately move on to decisive action.

* *Never blame everything that is happening only to your partner.* Turn on introspection. Only in some cases is it that in conflict situations, one person is completely right and the other is completely guilty. So do not forget that your partner in each case is no worse than you. Just an unripe or loving command of the partner always stands out against the background of his "positive" partner. But this position is dangerous first for you. On the one hand, if you dig deeper, the event may have a

proportion and your guilt, and on the other - you should not take on yourself and all the guilt.

Self-examination

As I said above, in order to understand how your behavior can affect your partner's unwillingness to change, you must first have a self - examination. Maybe you:

- * You are afraid to tell him the whole truth about the existence of problems, pretend to be good;
- * emotionally self -esteem or lock yourself;
- * do not think about the consequences;
- * grumble forever, but you never truly take the responsibility to voice the problem;
- * subconsciously desire revenge;
- * emphasize your own right and make condemnation;
- * You go behind your partner's back, and you never show your true feelings yourself.

Now you see that it will take a long time and effort to work on borders, because first of all

you need to spend the necessary borders on yourself.

True Reasons for Resistance Creation of Borders

Before moving to radical methods of solving the problem, you need to collect information that will help to find out the true causes of your partner's behavior. Only then can you determine what methods you need to use in a particular situation.

Here are some of the possible reasons:

** Inability to put yourself in another person's place.* In order for a person to recognize the need for his change, he or she must first learn to put himself in the place of another person to feel all his experiences. But this requires love-the strongest and most vibrant driving force that can change anyone. However, some people are absolutely not capable of such love. They can do the right actions and even be revered in society, but at the same time - unable to love.

The reason for this may be a mental trauma once caused by the betrayal of a loved one. Because of this, they are afraid to be exposed to love and tend to hide their true spiritual experiences. If you had to marry the "callous" partner, then you need to first establish a mental communication with him. You should help him discover your inner world, that is, constantly explain to him all your feelings and experiences to know what is happening in your heart. Let it be your revelation. You have a wonderful chance to become a person who will not act treacherously for him. And then it is likely that you will still be able to melt the heart of a partner, even if the process will take years.

* *Irresponsibility.* Some partners do not see the need to take responsibility for their actions. They think they can do whatever they please and do not worry about the consequences. They behave as children, absolutely without thinking about how they create some inconvenience for the environment. But most importantly, they do

not understand that all their troubles come from themselves. Such people are very difficult for self - discipline.

The causes of immoral behavior can be:

- * *Summing up.* As a child, their parents were too careful, not allowing the fruits of their negative actions.

- * *Excessive harshness in education.* Their parents were so often "beat on their heads" borders and prohibitions that are now nauseated from it. As a result, all their behavior is reduced to all and all.

- * *"Lawyer" protection.* Their friends, relatives and acquaintances are constantly protecting and justifying them in everything, preventing them from harvesting the fruits of their actions.

- * *Dependent position in the relationship of their marriage partner.* Their second half allows you to "trample" themselves, to spit in the soul.

If you are married to an irresponsible person, you will need: courage, patience, endurance,

firmness in intentions to keep positions and love. We loved ones or a group of psychological support can be a great help in this situation.

** Inability to keep yourself in the ultrasound.*
There are partners who are not able to hold themselves in their hands. They break on everyone and all because of weightless little things, despite the fact that the people who surround them feel. They are not able to withstand themselves. It is simply impossible to persuade or comfort them, on the contrary - you can only pour oils. Not only do they think that their negative energy flies on all sides, so they can hurt for anything or anything! The reason for this behavior may be a strict parental education in childhood. When a child, they all the time had a fierce struggle to defend their views, thoughts and decisions. And if he could not protect himself, now he shows excessive rudeness and anger with respect to his partner. It seems to him that he wants to control, control and command it. In such cases, the "injured" satellite should be allowed to make their partner himself. Let him

do what he sees fit, but at the same time, give him the opportunity to harvest the fruits of his actions. Do it without scandals and reproaches, preferably in an unobtrusive form. Then on the one hand-he will feel absolutely free, and on the other-he will face face-to-face with what he has done.

* *The desire for domination over others.* This desire also goes to childhood. When, as a child, a person sees little love and affection, but suffers more of harshness and control. Therefore, now, being quite "adult and strong", she tries to subordinate her will to others, that is, treats them as her parents behaved as about her. As a result, she may have panic every time her partner:

- * begins to strive for freedom and independence, that is, for relationships "on an equal footing";

- * builds its plans;

- * has its views and thoughts;

- * sees the world with his own eyes.

Continuing in the same spirit, the partner is able to evoke in his second half, prone to addiction, or blind subordination, or mental alienation and cooling of feelings.

In any case, he feels complete loneliness or boredom in marriage. Therefore, if you are married to a similar partner, you should know that there are two types of medicines for his healing: your patient love and your confrontation.

* *Unwillingness to work on the negative qualities of your character.* There are partners-"violators" who categorically do not want to recognize their shortcomings. They believe that they are all right with them or that they are no longer corrected. And when a partner hints in every possible way for their mistakes, they begin to resort to different tricks to protect their "positive person". Such partners:

* in every possible way they evade recognition of their own shortcomings;

* They devour themselves or generally bring their guilt to naught;

- * blame for everything other partner, "translate the arrows";

- * They do not want to be aware that in their brutality or convicted tone, they cause insult and pain in other people;

- * do not apologize to the victim;

- * They do not see themselves on the other side and do not understand how bad their act looks;

- * There is no doubt that they have the right to behave in a similar way.

The reasons for this behavior also have their beginning in the parental home, when any of their acts or decisions have been questioned and criticized. They were practically not allowed to face face-to-face with the consequences that could give a lesson in instructive patterns.

- * *The desire to take revenge.* Sometimes it happens that one of the spouses, every time he is not satisfied with the results of the dispute, seeks to "take revenge" to his partner. Attempts can be both obvious and hidden. Such immaturity is inherent in a person who

reveals his "humiliated" childhood. Especially when her partner in some way reminds her of her parents. If you are married to an avenger partner, it is quite clear that it will be very difficult for you to show love, openness, closeness, and, most importantly, patience. Sometimes you will even have a just fire of indignation about it, but you are not immune to such pain. So do not seek in response - it is better to find competent people in this matter that will support you and encourage you.

A plan of action to harmonize relationships

To harmonize the relationship of the spouse I propose to follow certain rules of conduct with a partner:

* *Establish a mental bond.* This rule is the basis of the basics for any positive impact on humans. As for family relationships, without it it is impossible to maintain the idyll of marriage. Because for many people, the only and strongest spiritual connection in their lives is the connection with a loved one.

Therefore, I urge you: open your soul to a partner; Go to him with all your needs; Contact him for support, pleasure and advice; become a source of love and spiritual affection for him; Create all the necessary conditions for mutual openness. Do not be afraid of your vulnerability. It should be understood that we are not immune to human meanings and hypocrisy. Just in order to meet this dignity, you need to prepare yourself in advance for any consequences. Then you will more or less painlessly meet all the trials.

** Whatever happens in the family, it is necessary to grow spiritually and take responsibility only.* Remember: trying to help your partner set internal borders, you thus help develop your personality and yourself. During this time, there can be a lot of things that will prepare you to solve any problem in the relationship. You can:

- to understand the causes of immature behavior not only of your partner, but also to your own;

- find out: why it is so difficult for both of you to impose any restrictions on relationships;

- understand: what role in this situation you played, and how its prosperous removal depends on you personally.

** In order to know how to act, it is necessary to accurately establish the problem of resistance to borders.* If you start the process of creating a certain framework, then you need to find out: what is the problem of borders in your family. What is it: simple ignorance of a partner, problems of his character, or your inability to build borders? You should also understand that the necessary information is an important part of the whole process that cannot be completed instantly. Also know: when making a huge list of claims to each other, it is not so easy to establish a specific problem. This requires cold - bloodedness and ability to understand the intricacies of the human soul. It will be very difficult to change yourself when the partner does not change. But it is necessary for you even more than for him - first of all it is your personal growth. Do

not grow depending on the growth of your partner. Only your changes give you the right to demand the same changes from it. Consult with competent people in this matter. It is best to solve one problem in turn under their sensitive guidance. Because work will be done not only on your partner, but also on you personally. If you begin the growth process agreed, then the opportunity to strengthen your feelings and knowledge of each other.

** Not to restrict your partner. Create equal rights.* In building borders with a partner, it is important to remember the following: anyone does not want to change if they are not considered and treated with bias. Such people begin to stand even more on their own. And seeing your misunderstanding, they will lose the belief that their interests will be held. Nastya and Igor are a clear confirmation of this. Igor completely disposed of Nastya's life. When deciding, he never took into account her thoughts. Nastyusya worked in silence, but her love for her husband faded. For example, Igor did not like a dress that Nastya was about to

wear. He spoke in a sharp tone: "I don't like how this dress looks. Dress another."

Nastya silently agreed. But she almost did not talk to her husband. At first glance, it may seem that Nastya and Igor's problem was in a non-significant differences that are typical of many married couples. If Igor were better, the alienation between them would not have come. Or, on the contrary, if Nastya did not indulge Igor, he would not command it. There is a proportion of truth in this. But two points are hidden behind all: Igor takes too much, and Nastya locks too much. Igor is inclined to become the most caring and fair person in the world, but it will not guarantee that Nastya will stop locking. It can become a person who will not allow any objection, but it will not mean that Igor will stop commanding it. The thing is that the couple needs to change themselves. So: take the initiative in your own hands: demonstrate to your partner that you understand him that you are indifferent to his feelings. He must see that his rights are

respected. And your favorable attitude towards him is quite sincere.

** Honestly speak to a partner about what you specifically expect from him.* Make sure he understands you correctly. In advance, warn about the consequences of failure to comply with your requests. Your requirements for your partner should be understandable and implemented for him. In other words, when you first understand the reasons for its resistance to the borders, you should take into account all the components: motives, emotional experiences at the time, and only then, according to them, can you offer possible options for its further behavior. Discuss them with him, otherwise, if your request looks like an order, then you will convince him even more of his perseverance. In this way, you will demonstrate to a partner that in no way you want to punish him. That you do not want his suffering, but only want to solve the problem so that nothing is in the way of understanding. And then, with pure conscience, approach radical methods. Then, if you asked him to change your behavior, you gave it for a while -

but everything to no avail - put it in mind that you are taking the following necessary actions. In this case, you set two goals in front of you:

- * *First*: Before you start any impact on your partner, you should give him a chance to repent.

- * *Second*: It is not necessary to act under the influence of impulse and not hidden, but by showing mercy and long -suffering.

- * *Give time to your partner*. Don't hurry him. By giving him time to replace it, you determine: whether or not you should resort to any further action.

Sometimes it takes a long time to get used to "new reforms", as well as a "new" partner who now behaves directly and honestly about everything that does not suit him in marriage. After all, you have already trained him to break your borders, and now you suddenly change the rules. It will take some time to adapt.

- * *Fight with your doubts*. Don't be surprised if you have doubts. This is quite normal because you do it for the first time, and it is unusual for

you. In addition, the very sense of love for your partner will make you constantly seek answers to many questions, such as:

- Did I explain everything to him enough?
- Am I fair to him?
- May I bend the stick?
- Is there a better way than the borders and their consequences?
- And suddenly - will I lose it at all?

Find the answers to all these and similar questions and continue your way. After all, the process of changing not only your partner, but yourself is ongoing.

** Bring the case to the end.* Remember that when installing the necessary restrictions, you should strictly hold the intended path, otherwise all your actions will resemble empty threats. And if you teach your partner that he can do everything he wants, and besides your annoying grunt there will be nothing more - then nothing will change. As the people's wisdom says: "He took up the Guzh - do not say that he is not strong." It is quite obvious that you will be doubted, and with them also

feelings of guilt; fear of losing a love partner; The fear that his behavior will get worse. Do not succumb to them - it is better to surround yourself in advance with loving, sincere people who will give you the necessary support - and act.

* *Be ready for everything.* Do not be afraid that the situation is even more complicated. Your partner is sure to behave like a child, but only to check how much patience is enough, and at the same time check the firmness of your intentions. So be prepared for everything, and in no case reduce the speed.

* *If nothing works, try to "freeze" the relationship for a while.* Before thinking seriously about the final break with your partner, try something more: freeze for a while your relationship. If nothing changes in his behavior during this time, it only indicates that he either does not value them or simply not capable of them.

But before you resort to this extreme method, you should be 100% sure that the problem is

in it, and that you have tried all the above recommendations.

* *Final gap*. I do not want to talk about it, but I have to warn you of not mandatory, but quite possible consequences - this is the final gap. We have looked at you many steps that can be taken before it comes to it. But still remember: you are not insured with such a turn at all. For my great pity, it happens that despite all the work done, your marriage can still come to such a completion. But this is only confirmed by the fact that it is not necessary to set the boundaries to your partner, but you yourself.

Conclusion

It is clear that all tips and recommendations cannot be conveyed in one book. I plan to cover this topic in more detail in the following editions.

The purpose of this book is to help you change your relationship for the better, find ways to peace and harmony and always find a way out, even in seemingly hopeless situations.

The final gap is not a solution to marriage problems. Borders should help you become more free and independent in relationships rather than becoming their completion. I wrote this book with the only desire: to keep your suffering. Hope is always!

Use these tips and be happy!