

THE SEVEN TYPES OF DYSFUNCTIONAL MARRIAGES



MARRIAGE MATTERS

...to your marital success

Many couples are healthy and thriving, while many others are stuck in a perpetual state of dysfunction.

Some of them have been living in the dysfunction for so long that they don't even know that something is wrong.

If you find yourself stuck in any (or all) of these patterns, you don't have to stay stuck! Take immediate action to get help!

The following are some dysfunction that may exist in a marriage.....



1. THE SCOREKEEPERS

These are marriages where one or both spouses “keep score” of the other spouse’s misdeeds and then use that information to manipulate or control aspects of the marriage.

Forgiveness is never truly sought or truly given. Their motto is 'do me, I do you'!

Scorekeepers see marriage as a contest to be won against their spouse instead of something to be won in partnership with their spouse.



2. THE FANTASIZERS

These couples have nearly given up on pursuing passionate intimacy with each other, so they often escape into fantasy through romance novels or porn.

The deeper they go into the fantasy, the more desensitized they become to real love and the more unsatisfied they become with their spouse, their sex life and their marriage.



3. THE OUTSOURCERS



These dysfunctional couples take the most sacred aspects of marriage (emotional support, friendship, acceptance, companionship and sometimes even sex) and “outsource” those roles to other people or pursuits.

They may also escape into their career or hobbies if they find fulfillment in those arenas.

They give the best of themselves to other people or pursuits at the expense of their marriage. Infidelity and unfaithfulness is their struggle.

These are the marriages where one or both spouses consistently blame the other for all the challenges in the marriage.

4. THE BLAMERS



They have regular arguments (often heated) with no real resolutions. Even when they are not arguing, their communication still contains a great deal of sarcasm and nagging.

They live in perpetual frustration with each other.



5. THE SEPARATISTS

These are the couples who never seem to fully grasp the partnership required for a healthy marriage. They don't work as a team.

They live as two separate individuals with separate hopes, separate dreams, separate finances, separate hobbies, separate friends, and eventually, separate lives altogether.



These couples have no trust in each other, and their lack of trust is perpetuated by keeping secrets and hiding details (or hiding money, conversations, etc.) from each other.

6. THE DECEIVERS

Without trust and transparency in the marriage, the couples live in a state of artificial harmony and they never experience true intimacy, because secrecy is an enemy of intimacy. Infidelity thrives in this type of marriage.



7. THE QUITTERS

These couples throw around the word “divorce ” in nearly every disagreement until they finally follow through and give up on the marriage.

They see challenges in marriage as an excuse to quit instead of an opportunity to work together and grow stronger.

They very often remarry someone else and then repeat the same cycles of dysfunction in the new relationship.



At Marriage Matters we offer empathic, confidential and solution-focused counselling, coaching and mentoring to individuals, couples and families.

Are you experiencing any dysfunction in your relationship?

Do you want to RESOLVE Conflict?
RECREATE Passion or IMPROVE
Communication?

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