



TOP 3 SECRETS  
**TO RECLAIM**  
LOVE & HAPPINESS



IN YOUR MARRIAGE

AJITA SHAH

Very often after a few years, once the earlier euphoria of love and marriage dies and if discord sets in, you begin to wonder if you married the right person

Almost all clients I have had begin by saying "I think I married the wrong person".

## Now how do you know if you married the right person or not?

EVERY relationship has a cycle.



At the beginning, you fell in love with your spouse. You anticipated their call, wanted their touch, and liked their idiosyncrasies.

Falling in love with your spouse wasn't hard. In fact, it was a completely spontaneous experience. You didn't have to DO anything.

That's why it's called "falling" in love - because it's happening TO YOU. Falling in love is easy. It's a passive, spontaneous experience.

But after a few years of marriage, the euphoria of love fades. It's the natural cycle of EVERY relationship. Slowly but surely, phone calls become infrequent, even a bother perhaps, intimacy fades and the touch is not always welcome, and your spouse's idiosyncrasies, instead of being cute, start to drive you nuts.

**Not every marriage and relationship follows the same pattern but you will notice a dramatic difference between the initial stage when you were in love and a much duller or even angry subsequent stage.**

At this point, you and/or your spouse might start asking, "Did I marry the right person?" And as you and your spouse reflect on the love you once had, you may begin to desire that experience with someone else.

This is when marriages break down. People blame their spouse for their unhappiness and look outside their marriage for fulfillment.

Extramarital fulfillment comes in all shapes and sizes. Infidelity is the most obvious. But sometimes people turn to work, church, a hobby, a friendship, excessive TV, or abusive substances.



But the answer to this dilemma does NOT lie outside your marriage. It lies within it. If you decide to step out of your marriage and find someone else to fall in love with you will **TEMPORARILY** feel better.

But you'd be in the same situation soon enough. Because **THE KEY TO SUCCEEDING IN MARRIAGE IS NOT FINDING THE RIGHT PERSON, IT'S LEARNING TO LOVE THE PERSON YOU FOUND.**

## **SUSTAINING** love is not a passive or spontaneous experience

It'll NEVER just happen to you. You can't "find" LASTING love. You have to "make" it happen, day in and day out. It takes time, effort, and energy.

And most importantly, it takes WISDOM. You have to know WHAT TO DO TO make your marriage work. And make no mistake about it. Love is NOT a mystery. There are specific things you can do (with or without your spouse) to succeed in your marriage.



Just as there are physical laws of the universe there are also laws for relationships. Just as the right diet and exercise program makes you physically stronger, specific habits in your relationship WILL make your marriage stronger. It's a direct cause and effect.

# SECRET #1

Don't focus on the problems  
or point fingers - step away

You probably started reading this e-book on how to save your marriage expecting to learn problem-solving strategies, communication techniques, and insights about gender differences.

## **Do I have a SURPRISE for you!**

The key to renewing your marriage is NONE of those things. Unlike other relationship experts who approach the topic from a clinical perspective, for me saving and restoring marriages is also very personal. I've been where you are now. Let me share my story.....

My husband and I started out deeply in love. I remember staying up all night talking, surprising each other with thoughtful gestures, and sharing everything. You know that feeling of really being connected? That was us.

But then something happened that destroys many marriages. I had a miscarriage, my first highly expected pregnancy. My husband took it very personally and was riddled with guilt. As if it was his fault, though of course it was not. He did not know how to deal with his loss and emotions and he distanced himself from me.

Suffering from the same loss and some ensuing physical difficulties myself I needed him, his support and his love and in the absence of that I kept trying to pull him in and his coping mechanism made him pull away from me.

This was coupled with some unexpected and very toxic in-law dynamics. Understandably, I became depressed. My husband immersed himself in work. We both became emotionally unavailable to each other.

Your situation may not be so tragic, but something definitely happened. What was that? How did you lose each other? Maybe you can't put your finger on it, but something is definitely not right.

For us, after losing that 1st pregnancy, everything felt different. Instead of talking all night, it was a chore to talk for a few minutes. Instead of sharing lovingly, we used curse words. Our relationship consisted of screaming matches and silent treatments.

Somewhere deep in our hearts though, like you, we knew we didn't want to lose each other. So we made a commitment to work on our marriage. Sometimes I tried and my husband didn't. Sometimes my husband tried and I didn't. We went through various stages of "trying."

## What did we try?

Being a psychologist I poured all my theory into saving my marriage. I leaned into self help techniques when things did not work- hoping there was a solution in there that was eluding me. But guess what. Nothing changed. Nothing worked. And that just made us feel worse. And fight more. Then I had a breakthrough. I decided to SET ASIDE OUR PROBLEMS.

I didn't talk about them at all. I dropped all expectation. Instead, I put all my energy into trying to connect while giving my husband his space. Then something magical happened my husband became less combative and on his own began to reach out and make small gestures that were meaningful. Seeing that change I knew I was on the right track.



Once my husband felt less threatened he became more open and I brought in certain relationship techniques that transformed our marriage. Not only did we resolve our differences, we fell in love again! And we did it not by dealing with our problems, but by establishing new relationship habits that brought positive energy into our marriage.



This is the solution to most marital situations! Believe it or not, the secret is to **STEP AWAY FROM YOUR PROBLEMS** and spend your time and energy doing specific relationship building activities. It may seem counter-intuitive, but if you do this, most of your problems will dissipate, the threat of divorce will go away, and the other people invading your marriage will become irrelevant.

Before you deal with your problems, you first have to build good will with your spouse. And this is doable even in the most difficult marital situations.

If your marriage is stressed, do **NOT** tackle your problems. Stop talking about the affair, the attention you're not getting, or whatever. If your timing is off, trying to solve your problems will damage your marriage and make it **LESS LIKELY** that you'll ever find a resolution.





The key is NOT to fix what's wrong. And there are, in fact, specific things you can do, with or without your spouse, to make things right in your marriage. And the Marriage Reboot program offers you a step-by-step system for doing just that.

It also teaches you how to temporarily put aside the problems and issues that are weighing you down, making it possible for you to establish a new momentum in your marriage. The program works for any marriage even if only one spouse does the work. This is not marriage counseling- it's Marriage Reboot.

Now you can see why the Marriage Reboot program is fundamentally different from any other approach to relationship success. It's not about conflict-resolution or communication skills because these are NOT the key to saving a marriage.

# SECRET #2

Forcing your partner to  
change will result in disaster -  
Focus on your own change

As problems begin to creep into the relationship and marriage we begin to see our partner in a different light than when we met them and begin to see their “faults”.

The automatic reaction is to get THEM to CHANGE so that things can go back to the way they were.

It's not a surprise that your spouse is thinking the exact same things. Now with 2 people thinking they are right and their partner is wrong, this creates resistance and conflict.

This conflict then escalates into your partner dwelling on "this just won't work for us". Or, your spouse may be emotionally "checked-out" of the marriage and not care about your efforts to improve the situation or be willing to extend any effort of their own. This, by far, is the most common question people ask me: "How do I get my spouse to change?" Why would your spouse resist change in your marriage and what should you do about it?






There's a deep-seated belief in our culture that people resist change, no matter what. But is this true? Do people really want things to remain status quo? Do we really not want things to change? If you look closely at human nature, it's not change itself we resist; it's change that's **IMPOSED UPON US**.

Think about it. We have no problem with change that **WE INITIATE**. But when we feel forced or manipulated to change, then we resist with all our might. Your spouse may not be willing to change for the sake of your marriage right now, but that's not because your spouse doesn't want a great marriage. Everyone wants a great marriage. But if they're going to change, they want the change to be **THEIR IDEA!**

I promise you, your spouse will change when they're ready to change and not one second sooner. And the more you push them, urge them, nudge them, ask them, scream at them, or beg them, the **LESS LIKELY** they are to change.

A photograph of a man and a woman embracing on a rocky shore. The woman is wearing a red and white floral dress, and the man is wearing a white shirt and white pants. They are both smiling and looking at each other. The background shows the ocean and a sunset or sunrise. Several dark green diagonal lines are overlaid on the image, running from the top left towards the bottom right.

I know it's hard to wait, but you have to let it come from them. It's possible someone could **INSPIRE** your spouse to change, but the person **LEAST LIKELY** to be that inspiration is **YOU**. It's sad but true.

A complete stranger is more likely to get through to your spouse than you are. A chance experience or encounter is more likely to shake up your spouse than anything **YOU** could say.

Tina Rotherford registered for the Marriage ReBoot program with a genuine desire to improve her marriage. She hoped her husband Bob would join her in the process, but he wasn't willing to do so. She had been trying to convince her husband for a couple years but he was adamant. I asked Tina to back-off and just do the work herself. I counseled her to make some changes that created a more positive energy in their relationship.

When the time was right, she hinted to Bob that he speak to me and inspite of some initial resistance he finally agreed. During our discovery call he opened up and saw the value in partnering with Tina in the process and agreed to join the program. Why was I able to get Bob to agree to something in 7 minutes that Tina couldn't get him to do in over 2 years?

It's true I know how to handle these situations, but there were 2 other important factors:

1. For the first time, Tina had backed-off far enough so that Bob had the space to make his own choice.
2. The inspiration came from someone other than his wife. Your effort to change your spouse is probably COUNTERPRODUCTIVE and "in the way." You need to get out of the way and create the space for your spouse to CHOOSE to change.

That's the only way it'll ever happen. I can't tell you how many times a spouse has said to me that their husband/wife changed for a few days, but then returned to their old ways. That's because they never really decided to change. They were pressured. They were manipulated. And so it didn't stick. If you tell your spouse what to do, it's a challenge.

If THEY decide to do it themselves it's a great idea. YOU HAVE TO LET IT COME FROM THEM.

The love YOU feel is much more a result of what YOU DO for your marriage than what your spouse does for it. You might think that the love in your marriage is in your spouse's hands. But it's not. Love is a verb. And if YOU do it - if YOU love - then YOU feel love.

THE CHOICE IS OURS. Consider the love you feel for your children. Is it because of everything they do for you? Is it because they're such angels? Of course not. The love you feel for your children is a result of what YOU DO FOR THEM. The love you feel in your marriage is a result of what YOU DO too.



Furthermore, there's no better way to inspire your spouse to make the choice to change than to **MAKE THAT CHOICE YOURSELF**.

It happens quite often that one spouse will register for the Marriage ReBoot program – with the Do it Myself option and then half- way through the program they will switch to the Do it together option, which is designed for couples participating **TOGETHER**.

What caused your spouse to change their mind? 2 things. First, you learned to create a space in your relationship for your spouse to make a choice to change. Second, you showed your spouse, through **EXAMPLES**, how to make that choice and the impact it could have on your marriage.



Very often one spouse will schedule private sessions with me and ask if it makes sense for them to be coached alone. The answer, is **ABSOLUTELY** yes! One spouse can make more than a 50% difference in a marriage. And that difference is exactly what will get the other spouse to open up to getting advice too. As the saying goes: "You can lead me a mile, but you can't push me an inch." So, bottom line - as Mahatma Gandhi said, "You must be the change you wish to see."

It's **YOU** changing that will have the greatest impact on **YOUR EXPERIENCE** of your marriage **AND** it's **YOU** changing that will be the single most important thing you can do to motivate your spouse to change.

You have some changes you'd like to see in your spouse and your marriage, right? And your spouse does too!

So what are you waiting for? Are you waiting for your spouse to make the first move? Are you waiting for your spouse to be more open to it? Are you waiting to feel love?

Most people think that the **FEELING** of love comes **BEFORE** we express love. And in the beginning of a relationship, that's what happens. You fall in love and **THEN** you do acts of love. Your feelings inspire your actions.

But mature love asks more of you. To create a strong **LASTING** marriage, you first **CHOOSE LOVING ACTIONS**. Your feelings will follow.

## When it comes to your marriage, **YOUR ACTIONS CREATE YOUR FEELINGS!**

Once upon a time, when you fell in love, it was easy to give to your spouse, and you probably enjoyed thinking up new ways to express how you felt through your doing. Remember surprising your spouse with something you knew they wanted? Remember the thoughtful deeds you did for them?

WITHIN THE NEXT 48 HOURS, do something meaningful for your spouse or get them a gift. Now here's the key. Don't do just anything. Your spouse has to feel YOU in it. You see, the most important part of a present/ deed is that it embodies the presence of the one who does it to for you.

This is not a matter of money. This takes time, thought, and energy. Stay with this for a minute. This takes some deep thought, but I promise that if you make a habit of this it will TRANSFORM YOUR MARRIAGE.

Inside your spouse is a child that wants to be understood and validated. If your spouse is like most people, he/she does NOT feel understood or validated even by you. When you do something that is valuable to your spouse, they will feel seen and connected to you.

This is one of the things we work on in the Marriage ReBoot program- how to discover the things that will change the momentum of your marriage.

How to show your spouse through actions that you truly care and get them to do the same for you.

Here is the simple truth about your marriage..... Everyone has problems, issues, and challenges in their marriage. Yours may even be severe. And you will no doubt face a variety of problems over the years. The problem in most marriages is the way the couple (sometimes the therapist) SEES the problem. You might think that for each new problem, you need a new solution. But you don't!

## THE SOLUTION IS ALWAYS THE SAME

The ultimate answer to every problem is the same - love.

**LOVE IS THE FOUNDATION OF YOUR MARRIAGE**, and all marital problems stem from a lack of it. Got a problem? You don't need a solution. You need more love.

### **LOVE IS YOUR SOLUTION!**

Sound hokey? I know it does. Think about it though. Remember when you fell in love? What problems did you have then? Hardly any, right?

Because you had love! Remember how you used to think the little things your spouse did that were cute. Then one day it became annoying, right? Why? **WHAT CHANGED?** Your love changed - that's what changed! And the solution to that annoying problem (and all your problems!) is to rebuild your love.

Once people join the Marriage Reboot program and begin a dialogue with me, their first inclination is to ask me for a solution to their marriage problems.

My solution is for them to institute a series of relationship habits that slowly but surely build a new foundation for their marriage. Fixing problems and developing communication skills can lead to small incremental changes in your marriage. But if you want to transform your marriage, if you want to make a quantum change, you have to implement a pattern of new relationship habits. You have to create love.

People get all bogged down in the negativity of trying to solve their problems. It's no fun and it's not productive. The crucial question in marriage, is NOT how to solve your problems- it's how to create love.





I hope the insights and tips I've given you in this e-book help improve your marriage. I wish you and your spouse the best.

If you're ready to reboot your relationship, I suggest you book a 30 minute complimentary session to see what steps you can take to begin fixing your marriage. And how best I can help you.

And it couldn't be more convenient. You don't have to go anywhere, the sessions can be done from your home, office, or anywhere you want.

If your partner does not want to work on the marriage at this time it's perfectly Ok. You alone can make a big difference and they will join you once they begin to feel the changes.

**[Book A Chemistry Session](#)**

Wishing you well,  
Ajita Shah Psychologist, Spiritual Healer and Teacher.