

The three most
common mistake
married couples
make

*memo by
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*"If Mama ain't happy,
ain't nobody happy"*

African American Saying



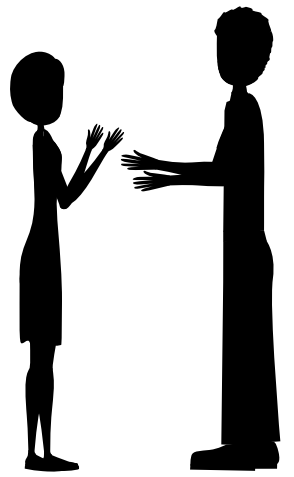
THREE MOST COMMON MISTAKES...

that make you feel miserable

1

FEELING UNAPPRECIATED

You do so much but you feel unappreciated? Do you "walk on eggshells" around your spouse? One of the most common complaints the couples I coach share is that they feel unappreciated. You give and give to your spouse, your family, your relationship and yet, all you do remains unnoticed. What went wrong here? Likely many small things that turned into a big thing... The most common mistake that leads to feeling unappreciated lies in that your needs are not being recognised and not met in the way you want them to be met.



2

HAVING ARGUMENTS ABOUT MONEY

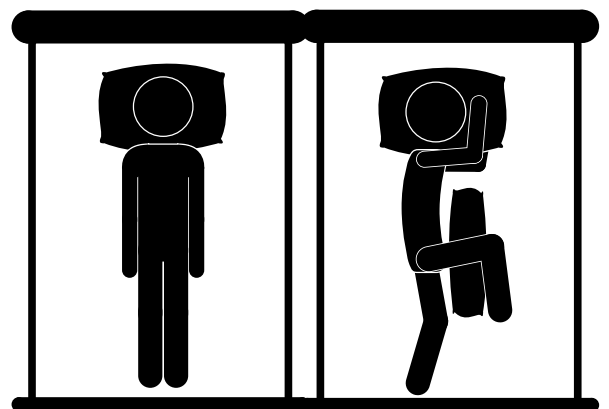
Do you feel that you and your spouse spent money on different things? Do you disagree about money? Differences between spouses, different life circumstances often lead to different views on how you spent your money and how you manage your family finances. I believe that the way a couple manages money is a reflection of the health of the relationship. Do you agree? Often the couples I work with have built up resentment regarding the family finances. What went wrong there? The most common mistake that leads to arguments about money is not reaching an agreement on your values and priorities.



3

THERE IS NO INTIMACY

There is a common misunderstanding of what intimacy means. Intimacy is often equated to physical intimacy. However, true intimacy, lasting intimacy, intimacy that feels rewarding, satisfying has three key components: emotional, physical and mental. You need to feel safe with your spouse, safe and free to be who you are. Your spouse needs to feel accepted for who he is. There needs to be appreciation and care on both sides, which shows in what you say and what you do. The most common mistakes I see is that these key components have been lost. Do you feel like you have lost the connection to your spouse?



"A relationship, just like a business, is either growing or dying.

In a relationship, just as in business, you have all the potential to make it grow. Decide. Get help. Act.

Do it for yourself and your kids - show them what a healthy, happy marriage looks like.

You can do it!

Do you recognise yourself or your spouse in any of the situations described above? Have you tried to fix these yourself without much success? Message me so we can do this together! Contact me at polya@polyarosin.com



HERE IS A QUICK GUIDE FOR:

*How to build deeper connection
with your spouse
& increase the satisfaction
in your marriage*

It all starts with awareness and commitment.

- ✓ align your family values so you can work together as a strong, united team
- ✓ create your family vision so you can always keep your eyes on the prize
- ✓ communicate with your spouse on a deeper level so you can be free to express your needs and be heard, understood and feel appreciated

Let's do this together.
Let me support you so that you and your spouse can be a strong, united team.
Book a free, information session with me and let's discuss what coaching can do for you, the differences between coaching and therapy, how I work as a coach, and how I can support you. Then we can decide if we are a good match to work together.



**GET YOUR FREE INFORMATION SESSION
NOW. CONTACT ME at
polya@polyarosin.com**