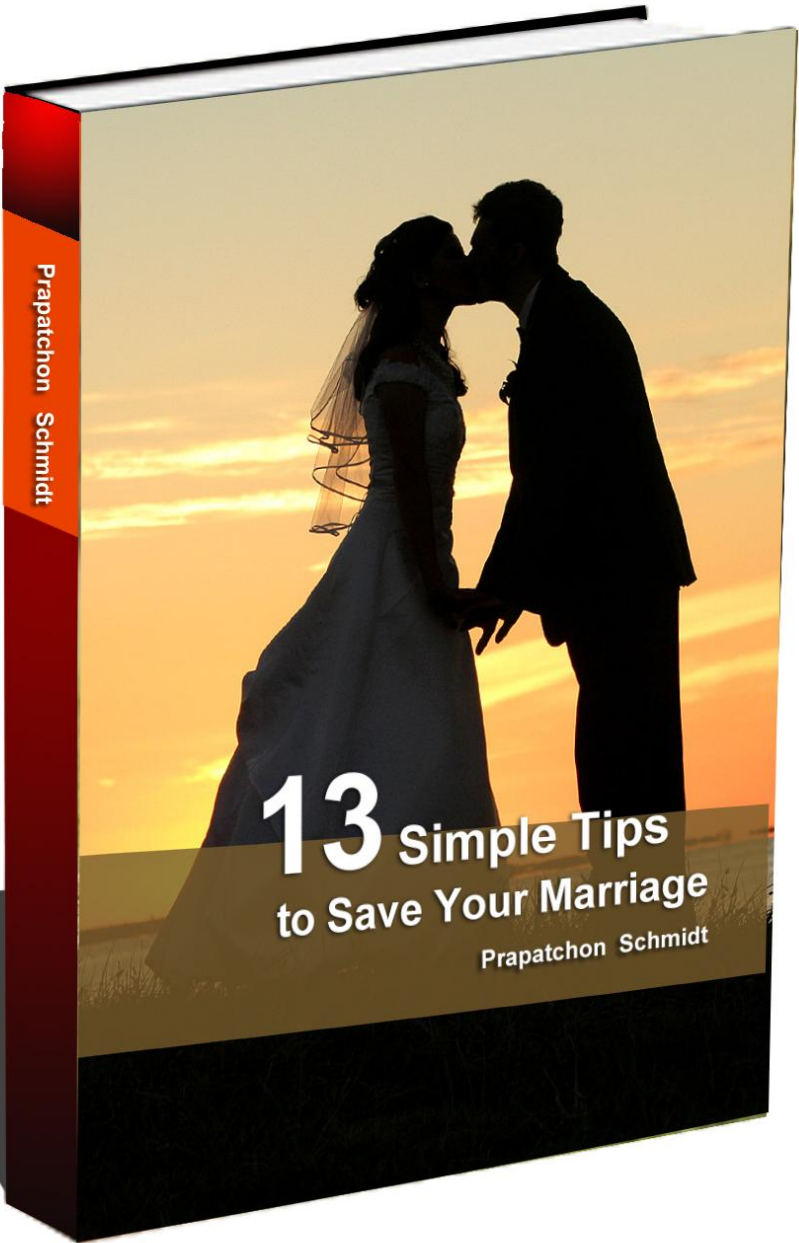


Prapatchon Schmidt



13 Simple Tips to Save Your Marriage

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Foreword

I believe the word “marriage” means something to you. Some of you may have your fantasy that one day; I would like to be like Cinderella or like Belle (from the classical animation movie “Beauty and the Beast”). I think it is great that we all have a fantasy about happy marriage. However, most of the time, fairy tales always sound good when compare to the reality. As we all know, that it is like the most beautiful dreams for both men and women, that once when we fall in love with someone, who we think that he/she is our soul mates, we get marry, and then we all will be living together happily forever and ever. Some of us getting marry because of so many different reasons, for example, social pressure because we are getting old now, I mean our age are pushing 30 years or up, this is happened a lot for women in Asian countries, have an arranged marriage, status, money, power, and etc. I do not know for whatever reasons, sometime, people do things they think that it will suit them now happily without thinking in the long term and that is why we can see a lot in the news that after few years, they divorced.

There is one metaphor in Thai say about marriage:
“The insider wants to get out, the outsider wants to get in”,

why it has to that way?. And I am so sure that the word “save my marriage” is even mean a lot to you if you are in the situation of having a crisis in your marriage lives. I have to say one thing that there is no such thing as the **“PERFECT FORMULA”** for happy marriage (and this is the honest truth just according to my opinion only). However, do not be scared when I said that because there always the solution to the problem, you just have to be able to find the right one and hopefully that it will fit with your problem that you had encountered. That is why I think it is interesting for me to write this e-book about **“13 Simple Tips to Save Your Marriage”** because I want to share my own experiences about marriage to all of you who are searching for the happy marriage lives and I hope that you can use these 13 tips and apply for your marriage’s situation as well.

And you are lucky because in this e-book, I will reveal these 13 tips that I had used for myself and still continue using them and had advised to some of my friends when they want the consultation from me, so I gave them some of the tips that I share with you in this e-book and my friends thanks me for these tips that they said it really helps them to solve their marriage problems. Hopefully that it will definitely work for you too in order to have a happy marriage lives. As I had realized that it is an

important issue to lots of us who want to have a “happy family” and we hope that by getting marry with the person that we love, that is the guarantee of a HAPPY FAMILY?. You will find out more about these 13 tips in the following chapters that I am sure you can use them and apply for your marriage’s situation.

First of all, I want you to know that I am not a marriage counselor, whose job is to give the advice to the married couples that have a problem and get paid for their hours that giving the advice to the married couples. I am the real person, who actually use my own tips that I had been discovered them throughout the years of being in a relationship and also from observing others and discussed with them. So, from what I share in this e-book with you will be totally based on my own experiences.

I am a Thai citizen, who married to a foreigner. My husband came from Canada. As you know that the East and the West, we have so much different in culture, social, background, languages, and etc. It is not easy for both of us to try to adapt each other’s culture, social, background, languages, and etc. Things take time to learn, however, it is also not difficult as well, if you do really love each other and want to be together.

We had been raised to take care to be “ME”. NOT WE. The secret to marriage is becoming a “**WE**”, which actually “WE” is made up of “TWO ME” or you can say that two me will have to become teammate in order to make the happy marriage lives together.

For me in the first couple years of being in a relationship, I have to admit that I have to learn a lot of new things, but I think that is what life is all about. Always learning something new, however, as we all know that life’s path is not always paved with roses, we are the same like most couples as well, that we fight, disagree, and almost broke up many times. Fortunately, we are still together until these days, because we actually love each other, so we never give up hope on the other person. I have to say that my husband has a lot of patience and sacrificing lots for me. Through the long way of being in a relationship, I had learned little by little about things around me and what works the best.

Nothing is working better than learning through the real life experiences and I think that you could not buy them from anywhere; you just have to earn them. However, you do not have to waste your time try to find the secret anymore, because in this e-book, you are about to discover

the 13 tips that I had been using and it is working and still carry on with it as well.

Thanks to you as my reader, thanks so much for supporting my e-book. I am sure that the money you had spent on buying this e-book will be worthwhile for you and you will learn something that actually can apply for it.

Prapatchon Schmidt

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Chapter 1: Breaking the Silence

“Whir...Whir...Whir”, when anyone hear this sound, we will always turn back and look what happened, right?. However, in a relationship, it does not work that way. We require something that is the basic root of our human kinds which is “communication”. Without communicating, we could not know what the other person think, because we are not the mind reader. As I said here, I believe that as the married couples, we do not have the actual communication problem, because we all can speak and communicate of what we are thinking to our partner. But the real problem here is **“trying to get the idea across to our partner”** that is the most misinterpret of communication.

I would like to share with you the story of my friend who is married to a foreigner. She told me that one day, she got into the big fight with her husband and to make the long story short, she said because on one day they went to visit her family up at countryside and as soon as they arrived back to their home, her husband told her to take a shower immediately. So, she started to feel upset and arguing with him and said that he thought that she is smelly or not beautiful anymore or what; and he did not

say anything, and at that time, she noticed him scratching his face and see some rash on his face, but she still did not pay close attention to his reaction. Until, finally, she said that she wanted to know why does he want her to take a shower immediately and he said because on her cloth and her body got some cat's fur and he is allergic to it. All the sudden, she remembered that at her house that they went to visit her family, there is a cat there, and she is fine with it, no allergic but she does not know that her husband is allergic to it because he never told her. And as soon as she knows the real reason behind it, she told her husband that you should told me in the first place that you are allergic to a cat, so I would have jump into the shower immediately and will smell nice for you and you did not have to suffer from your allergy. Then, they stopped the fight.

So from this story, as you can see that my friend had a misinterpret communication with her husband because she was focusing on why her husband said that to her without really looking closely at her husband body language. As of the husband also try to send the idea to her without telling the fact that he is allergic to the cat's fur, so it started the fight.

Tips on this chapter:

- **Always remember that “Communication” is one of the most important keys in marriage lives.** Because you are not a mind reader, so you have to communicate with your partner in order to know what is your partner up to.
- **Do not speak in equivocate way,** because sometime your partner may misinterpret of what you are actually trying to say or send the message across to.
- **Should speak generously.** I mean speak in a way that do not destroy the confidence of your partner, when you see that your partner need to improve or change something. I.E. If your partner is quite chubby and you want him/her to reduce some weight, you should say something like this “Sweetheart, I think for this week, we should go out to the park and have a long walk together, I want to spend time with you and it is also good for our health too.” Rather than saying “I think that you should exercise because it will be good for your health.”. Can you see the difference? It is the same meaning but the way you speak it gives a lot more