

The North Fulton Marriage Newsletter

Volume 2 - April 2009

Get a Marriagegram

Our next door neighbor passed away on March 7th. Cheryl fought her breast cancer battle for 5 years. Though I did not know her very well, I knew her well enough to know that she chose to be a fighter (see last month's newsletter about choosing to be a fighter for your marriage). At her funeral, her husband gave a beautiful eulogy in which he described her fighter spirit. After being diagnosed with breast cancer she became a fundraiser for cancer research, raising over \$750,000. She would also constantly ask women if they had been getting their mammograms and scold them harshly if they had not. She was a wife and a mother of three, and appeared to fully live all of her 47 years. My wife and I really want to do something for Cheryl's family, lend our support, let them know we care. My wife is planning to cook them something soon and take them dinner. My talents lie elsewhere, and I thought it would be good if I could integrate some of my current (and passionate) thoughts about marriage into a newsletter that included Cheryl's memory. I am going to give this newsletter to her husband. I don't think he even knows that I write a newsletter. Either way, this one is for him.

After attending Cheryl's funeral it occurred to me that marriage problems can be cancerous in nature. That is to say, marriage problems sometimes grow beneath the surface without any awareness or intervention. Early detection, and prevention, are key for the survival of cancer patients. This is why Cheryl trumpeted the horn so loudly about mammograms. Early detection, and prevention, are also key to the survival of a marriage. Today I am going to challenge you, in Cheryl's spirit, to get a marriagegram. What is a marriagegram? I really have no clue. I just made it up. I will leave it up to you to figure out what your marriagegram will involve. It does not necessarily mean that you seek out marriage counseling, though it could. What it does mean is that you are encouraged (strongly) to take a deep look inside yourself. Look for any underlying or unresolved problems that could end up being fatal to your marriage. It means taking personal responsibility for your own flaws, deficiencies and weaknesses. It means choosing not to let feelings fester. It means gaining insight about YOU!

I believe people sometimes avoid addressing their underlying issues because they are afraid they may discover something about themselves that they may not like. If this describes your situation then I am going to encourage you to embrace this fear instead of running from it. Over the years, I have personally learned a lot of things about myself that I did not like but this insight has given me the most opportunity for growth. Address these issues now, learn something about yourself and improve your marriage. Furthermore, don't allow yourself to hit rock bottom in your relationship before you sort things out. I have mentioned in previous newsletters that when folks come in for marriage counseling, they are most often in the middle of a crisis. Sometimes couples can sort things out, resolve the crisis, learn something about themselves, improve their marriage and move forward. But sometimes, it is just too late. Too much damage has been done, the point of no return has been reached. The marriage problems have become terminal and the marriage is dying. From that point forward their relationship becomes about damage control, sorting things out and moving on without each other. I implore you to not let that happen to your marriage. Take action today and get a marriagegram!

John H. Pruett, Jr., MS, EdS, NCC, LPC
Founder & Owner
Georgia Professional Counseling Center, Inc.



Georgia Professional Counseling Center, Inc.

602 Abbey Court, Alpharetta, GA 30004

www.licensedtherapy.com

Phone: 770-656-9711