



The Couples' Manual: A DIY Guide to Building, repairing and maintaining exce

Don Ferguson Ph.D.

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The Couples' Manual: A DIY Guide to Building, repairing and maintaining exce Don Ferguson Ph.D. Are you or is someone you care about considering a committed relationship. This manual covers the best of relationships as well as possible conflicts or fights. Most marital fights are about the wrong subjects. That is why they feel so frustrating and hopeless. Such battles cannot offer relief. Arguments about nothing, or arguing when the partners are not on the same subject, only function to avoid the real questions. The real questions may be scary, or our training since childhood may not prepare us to ask them. As you read through this manual and explore the questions under “Can we talk here?” at the end of each chapter, you will discover new ways to approach these important questions. First of all, consider whether some of the questions below touch on major issues that you are not discussing, but should be. As you read these questions, how do you feel? Can you picture asking your partner these questions? Also consider these same questions in terms of how you view your partner. Are you happy? How do you feel about me? Am I your best friend? Am I safe with you? Do you want the best for me? Do you choose me above all others, including your family, friends, colleagues, and so on? Do I still turn you on? When do you most enjoy time with me? Do you respect my intelligence? Do you believe that I respect you? Do you love me? Do you envision being with me for the rest of our lives? This manual offers quick overviews of many concepts, goals, and problems in committed relationships. I hope that by the time you have worked through these chapters, you will have built greater trust and will be able to ask such challenging questions with confidence. In addition to brief descriptions of common marital issues, you will find some basic questions to consider and discuss and targeted references for each of these issues. The goal is to get some quick ideas and at least begin your healing. When couples are struggling or facing painful situations, they often cannot wade through entire books or wait for counseling appointments to get some relief. --- Don Ferguson has created a hands-on guide for couples who want more out of their relationship. Filled with keen insight, sage advice and subtle humor, The Couples Manual draws on the author’s extensive experience with helping couples work together to create the relationship they want, but that eludes them due to the myriad challenges all couples face. If you’re ready to dig in and help your relationship thrive, The Couples’ Manual is a fabulous resource. -Henry Emmons, MD- author of The Chemistry of Joy and The Chemistry of Calm

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