

Issues *that* **hurt** relationships



4

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❖ Substance Abuse, Gambling, & Other Addictions

Addictions of any kind hurt relationships. They hurt children, too. If you or your spouse is a habitual or binge drinker in amounts that interfere with work and/or relationships, abuses drugs of any kind, or gambles frequently and uncontrollably, then professional help is needed. When treatment works—and it often does—your life will turn around, and your relationship with your spouse will improve.



❖ Mental Health Problems

Mental health problems are very common and are nothing to be ashamed of. If you or your spouse is feeling depressed or down for more than a couple of weeks, ever talks about suicide, is constantly worried or anxious, or seems out of touch with reality, professional help is needed. Treatment for depression and other mental health issues is often successful. Support your spouse by acknowledging the problem without blame.

❖ Sexual Infidelity

Unfaithfulness, or cheating, can destroy relationships. When one spouse is fooling around, the trust between you is broken. It's important to be open and honest when talking about the situation and to get professional help. Only you two can decide together if this experience will end your marriage or if you will work together to rebuild the trust that is vital for healthy marriages.