

Ten Ways to Ruin a Perfectly Good Marriage

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Proceed as if Conscious

- assume your interpersonal speech, behaviors are alertly-chosen gestures, that you have “free will”
- ignore all major world religious and psychological systems which observe that ordinary human consciousness is constricted, partial, and that humans are largely mechanized, conditioned

Proceed as if Conscious

- never read about the struggle and practicing necessary to become more aware and less mechanistic in your dealings with your partner
- do not practice meditation or awareness exercises to strengthen your capacity to pay attention to this marriage that you are conducting

Marriage as Appliance

- assume you can, and try very hard to control - fix - change your partner
- ignore your partner's needs and emotions, as you might disturbing noises from your car
- forget about the marriage when you are not physically with your partner

Marriage as Appliance

- reject the notion that marriages have patterns, recurring themes
- model your marriage after your parents', or various celebrities', OR from books or online blogs
- do not read, reflect, talk about, the various roles that people take in a marriage roles
- react with anger when your partner's model of marriage is not your own

Love = Me to Be Me

- insist that you always get to be yourself
- crave unconditional love
- serve faithfully the partner who demands unconditional love

No Boundaries

- consider yourself unlimited in capacities
- consider your partner limited and simply wrong
- do not allow both separateness and oneness in your marriage
- do not encourage your partner's self-sufficiency

Believe You Communicate Well

- do not study methods of communication
- do not practice with your partner
- do not learn the impact of language

Special Advice

- for women: never ask for what you want, insist your partner guess
- for men: do not learn how to listen and reproduce inside your head your partner's experience and desires

Discount your partner's experience

- remind him/her that they are 'wrong' to be feeling/thinking what they feel
- reassert that if you had experienced this event, your experience would be the correct and only applicable one

Forget Feelings

- ignore them in your own body and in the other's body
- do not learn the names for them
- demonstrate immediately anything that you feel, with great intensity, holding your partner responsible same
- if all else fails, withdraw from your partner when you feel anything, complain to others

Criticize Flaws

- work very hard to change that person
- criticize them to their face to others
- be intolerant of their ways, mannerisms, responses to situations
- never consider that your reactions to their traits are a part of the problem

Don't make Commitments

- don't make them to one another
- break them casually & repeatedly
- don't admit it when you break one
- punish-criticize the one who breaks the commitment

You Are Welcome

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