

# Dealing with Marital Conflict

Post by “Pacatus” of March 8, 2023 at 3:58 PM

Very important insights, Kalosyni! Thanks for posting it.

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My wife and I were both victims of abusive first marriages (in my case emotional/psychological, in hers the added fear of physical abuse). We became best friends before we ever considered getting married again (or even becoming romantically involved) - and remain best friends after 28 years of marriage. That - friendship - became for us the lodestone of the relationship. (And we know each other's "warts" very well! ☹️.)

When romance became part of it, we went to a counselor - both together and separately - to try to learn what behaviors and attitudes and social programming of ours had contributed to our being and continuing in those abusive relationships, so that we would never do that again - especially with each other. And we had other friends who supported us.

Because I am more an introvert (understatement! 🙄), she has always had more outside friends - and that has never been a problem.

Again, thanks.