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**10 MATTERS HARMFUL TO YOUR MARRIAGE & 10 TO STRENGTHEN THE BONDS OF MARRIAGE**

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Undoubtedly, the strength and stability in marital relationships depend upon interdependency and mutual needs of couple. The husband, for the success of his self and his family, should consider himself in need of his wife. Likewise, the wife for own complete success as well as that of her children, should consider herself in need of her husband. If anyone of the two feels that there is no need of the other or there is minimal need at most, this creates a major weakening in the bond of marriage. This is very dangerous and harmful to marital life.

COMMON REASONS DUE TO WHICH SPOUSAL RELATIONSHIPS WEAKEN AND BREAK APART

**1. LACK OF TRUST:**

\* *Husn e Zan. Thinking good of each other strengthens the bond of marriage.*

**2. LACK OF TOLERANCE OF EACH OTHER:**

\* *(Sabar) patience with each other builds the relationship*

**3. OVER EXPECTATIONS:**

\* *Moderate expectations smooth running relationship.*

**4. NOT KNOWING & NOT UNDERSTANDING SPOUSE'S (HIS/HER) LIKES & DISLIKES:**

\* *Knowledge of each other's likes & dislikes improves the marital relationship.*

**5. ARROGANCE & FEELING OF SELF- SUPERIORITY.**

\* *Humbleness & humility strengthens the relationship.*

**6. CONSIDER THE OTHER SPOUSE TO BE INFERIOR, & TO THINK OTHER PARTNER IS LOW OR LESS:**

\* *Mutual respect & dignity makes relationship strong.*

**7. EMBARRASSING THE SPOUSE BY REMINDING THE MISTAKES OF THE PAST:**

\* *Must forgive & forget the past errors.*

**8. NOT ALLOWING THE OTHER SPOUSE A BREAK FOR THEIR MISTAKES:**

\* *Give allowance & over look for each other errors.*

**9. UNGRATEFULNESS ,NOT TO BE GREAT FULL FOR EACH OTHER:**

\* *The husband should consider his spouse to be the best that he could have had, and will not get better than her not even in the future. She is the best companion of my life, and the best one for me to spend my whole life with. Similar of the wife should think her husband is the best man she could have had, and she will not get anyone better than him. (Before now or even in the future). He is the best companion of my life; he is the best one to spend my whole life with.*

**10. LACK OF MUTUAL LOVE**

\* *The eminent companion, Abu Darda RA, said wisely to his wife: "If you get upset with me I'll calm you, if I get upset, you do the same"*