

becoming ONE

nurturing your marriage



Rupture & Repair

When we experience a “rupture” in marriage, through--a conflict we cannot resolve, a decision we cannot agree on, a trust that has been broken, hurtful words that trigger deep hurts, (you can add to the list)--we can ignore/avoid, deepen, or seek to repair it. In a healthy marriage, husband and wife will recognize when a rupture occurs and seek to repair it, perhaps not immediately if emotions are running high, but nevertheless, they will come back to it and not sweep it under the carpet as if it never occurred. The gift of repair is that the couple will find healing for the rupture, whereas the danger in allowing ruptures to go “un-repaired” is that they will build and remain unhealed. Take some time and discuss your unique ways of repairing ruptures as a couple.