

CHANGING YOUR SPOUSE

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How many of us have had the frustrating experience of trying to change our spouse? Probably all married individuals have at some time or another assumed the challenge of trying to force their partner to be what we think they should be. When couples come to our office for help, it is the first roadblock encountered on the road to a successful outcome. Trying to change our spouse often locks couples into a “tug of war”, intensifies their resentment toward each other and, most importantly, rarely works. So what can you do if you aren't happy with your spouse?

- Identify one negative behavior within yourself & commit to improving it everyday.
- Treat your partner the way you want to be treated regardless of their response.
- Focus on what they do right and catch them doing it often.
- Admire the differences between you because they keep you interested in each other.
- Choose to be happy and together rather than alone and right.
- Refusing to change, guarantees change for the worst.
- Throwing dirt only causes you to lose ground.
- There is no future in the past. Forgive, learn from mistakes and move on.

Remember: It's never wrong to do the right thing. Be the first to seek terms of peace and a path toward mutual accommodation. Become the change agent in your marriage.

D. Charles Williams, Ph.D. is a Licensed Psychologist, Licensed Marriage & Family Therapist, AAMFT Approved Supervisor and Executive Coach based in Athens, Georgia. Dr. D. Charles Williams specializes in men's issues, premarital & marital counseling, depression, adolescents (16+), addiction & recovery, spiritual issues, management coaching for success and workplace issues. He completed his undergraduate training in psychology at Clemson University and graduated with a Ph.D. in counseling from the University of Florida. Dr Williams began his career as an Assistant Director of the North Florida Evaluation and Treatment Center, and later the Director of the Adult and Older Adult Clinics at the Central Florida Community Mental Health Center in Gainesville, Florida. He received three years of post-graduate supervision and training from the Director of Training at the Philadelphia Child Guidance Clinic in marriage and family therapy. After moving his private practice with Family Counseling Associates from Gainesville, Florida to Atlanta, Georgia, he joined the Atlanta Network for Individual and Family Therapy. He also provided business consulting for RHR International as a Consulting Psychologist in Atlanta providing coaching to executives and managers in Fortune 1000 companies. Dr. Williams is the author of *The Eight Toughest Problems Parents Face and How to Handle Them*; *Forever A Father, Always A Son: Discovering the Difference a Dad Can Make*, as well as many articles on marriage counseling. Dr. Williams' Athens Psychologist office is located at 1751 South Lumpkin Street Athens, Georgia 30606. Phone: (706) 543-5552. Fax: (706) 354-8904. Email: DrWilliamsCoach@aol.com. Or visit www.DrWilliamsCoach.com