

Suggested Books to Read

Love Life
by Dr. Ed Wheat

His Needs, Her Needs
by Willard F. Harley, Jr.

Keeping Romance Alive
by H. Norman Wright

Love Is A Decision
by Gary Smalley

The Five Love Languages
by Gary Chapman

The Five Love Needs of Men and Women
by Dr. Gary and Barbara Rosberg

*For an appointment or information on
any of our services please contact:*



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Marital Counseling



Does Your
Marriage Need A . . .

Check Up?

Tune Up?

Over-Haul?

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Christian Counseling & Educational Services exists to provide professional counseling from a Christian perspective and to provide educational opportunities that challenge individuals to examine the Word of God and live according to its truth.



Thy Word is a lamp unto my feet,
and a light unto my path.
Psalm 119:105

Christian Counseling &
Educational Services

Ann Shorb, Ph.D. & Elaine Olson, M.A.



What Makes A Marriage?

Marriage is God's idea. He has put into the human heart a longing for a permanent, loving relationship. TV shows make it seem that "happily ever after" is easy, but most couples have to work hard to experience a loving, contented relationship. You have probably discovered that the "I do" in the wedding ceremony didn't mean "It's done!"

Commitment is the first requirement for a long-lasting marriage. Commitment is the attitude that no matter what happens we will work together to resolve the problems we face in this marriage. The Bible says in 1 Corinthians 13: 4 & 7, *Love is patient, love is kind. It always protects, always trusts, always hopes, always perseveres.* Your marriage needs the elements of faith, hope and love to keep it vital and alive.

Is Your Marriage Drifting?

Perhaps your marriage isn't in crisis, but it isn't very exciting either. Picture your mate and you in a boat leisurely drifting down the river. Where are you going? Will you reach your destination and achieve your goals if you just keep drifting? Couples in a drifting marriage feel bored, dissatisfied, and unhappy. There's no vitality and excitement in the marriage.

Sinkable or Unsinkable?

Just think, it only took six stress fractures to sink the *Titanic*. How many stressors is your marriage experiencing today? How is it being effected by these events and attitudes? Is your marriage sinking or is it unsinkable? Do you recognize your situation in any of the following statements?

- Toxic busyness.** Both of you are working, running kids to events, and eating meals on the run.
- Unrealistic expectations.** Do you expect your spouse to meet all of your needs at all times?
- Unresolved conflict.** Have you argued over the same dumb stuff for years?
- Selfishness.** Are you committed to serving each other or is it "all about me?"
- Debt.** The number one conflict in marriage is money.
- Communication.** You only talk about surface subjects. There is no talking about "us."
- Pursuing individual goals.** You make decisions about what *you* need, not what is good for both of you.
- Negative comparisons.** Do you want your spouse to be like you or someone else other than who he/she really is?

If you checked any of the above statements, your marriage could be sinking. Regardless of your present marital condition, it is not too late to build a happy relationship. It takes recognition that there is a problem—and a willingness to change!

If there were problems in your marriage, at what point would you be willing to seek counseling?

- When you feel little love from/for your mate.
- When you cannot work out specific problems on your own such as finances, children, discipline, work.
- When your conflict increases.
- When the two of you stop talking.
- When you first consider separating or getting a divorce.
- Never.

It is easier to deal with the problems when you are at the point mentioned at the top of this list than it is when you reach the way of thinking suggested at the bottom of the column.

*For help in revitalizing your relationship, call our office today. We will be happy to meet with you.
717-630-2255*