



# Positive Ways TO REESTABLISH YOUR MARRIAGE



**Counseling** gives you a fresh perspective, offering you an opportunity to understand each other, forgive, and restart your relationship.



**Couple therapy** focuses on your and your spouse's behavior and guides you to adopt healthy marital practices.



Some **alone time** might help you realize is a lawful arrangement wherein you discontinue living with your spouse. Some alone time can help you realize that you can get back to one another



**Parenting marriage** can be an option when you have a child. You can share a platonic relationship with your spouse to preserve the healthy well-being of your children.