



DEAD MARRIAGE SYNDROME

STEPS OF ACTION TO TAKE WHEN YOU FIND
YOUR MARRIAGE ON THE OBITUARY PAGE.



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An e-source created by Missing Pieces.org

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Brief Intensive Therapy Works!
Call 719-395-4673 for a free assessment
www.missingpieces.org

Use this as an opportunity to learn about yourself in this crisis.

Spend time examining your own heart and motives.

Look at yourself with new eyes, praying and seeking new ways to do your important relationships.

What is your part in your spouse's death? What are the signs you missed along the way?

What needs to change about you?



REALIZE TIME IS YOUR FRIEND!

Spend time in prayer, reading the Bible, joining a good church or church support group.

Focus on your own issues. Go to counseling to find out new ways to look at yourself and your life.

Rebuild relationships with your extended family, mother, father, sister, brother or your children.

Financially, get on a stable cash basis. Reduce debt!

Hope and pray for reconciliation.

Some information taken from Dr. Jim Talley,
Relationship Resources. www.drталley.com



Pray for a hedge of thorns around their lives. Read the book of Hosea in the Bible five times.

Some thorns of protection can be fear, affliction, crisis, thoughts confused, senses distorted, actions exposed, roadblocks to their activities.

When they say “I love you, but I am not in love with you” return the comment with “I don’t want a divorce, if you want one I can’t stop you, but I do not want a divorce.”

Wear your wedding ring!



SUGGEST COUNSELING!

70% OF PEOPLE WHO GET DIVORCED NEVER WENT TO COUNSELING.

Having a mediator who helps you navigate this season will work wonders for you and your dead spouse. You wouldn’t think twice about taking your dying mate to the emergency room. Serious crisis like these require third party help!

Brief Intensive Therapy Works!



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”I checked the obituary page and was surprised to find the announcement of the death of my marriage there. Help! What do I do to revive my partner?”

One of the most difficult marriage counseling cases is the one where one of the spouses is dead. Marriages where parties are fighting are still engaging, there is still passion on some level. It is the spouse who is “dead on arrival” when it comes to relating in the marriage that brings a very challenging situation to the counseling room.

Typically, an announcement from a spouse that they are dead comes as a complete surprise to the other party. Usually, the alive partner is completely unaware that their spouse has up and died on them. What I see as a counselor is that usually it is the female person who dies first. Most of the time, husbands are completely behind the learning curve when it comes to dead marriage syndrome. For the most part, women can start the death process 6-10 years before they actually stop breathing. While the wife is completely comotose by the time she announces her departure, the husband is completely blindsided by the news. He has no clue how dead she is. UGH! This is where I come in. Many times I feel like an emergency room doc who



has to walk into the waiting room to tell loved ones the bad news...alas and alack their loved one has little hope of being revived.

Understanding how dead your spouse is, will be the first step to bringing a dead marriage back to life. Most spouses receiving the “obituary news” about their marriage are clueless. Because of this, the live partner may spend valuable moments doing all the wrong things to revive their partner. Just like any other situations of first response in an emergency and potentially fatal event, it is those crucial beginning moments that can make or break the chances of survival.

Even in this crisis circumstance there is hope, so do not lose heart. Read further for wise suggestions.



Your automatic response will be to DO SOMETHING!

Here are some positive things you can do.

Do kind and gentle things to them.

As much as possible try to do nice things for them *anyway*. This will probably be hard for you because you are in so much pain yourself by now.

However, doing small acts of kindness without any expectation of acknowledgment back from them will keep you from getting bitter and will be helpful *eventually*.

STOP PUSHING!

The law of physics tells us that pushing a rope will result in little movement by the rope. Emotional pushing on your dead spouse will offer you nothing back. The emotional rope doesn't push. Additionally, if you get no response when you push, you will experience even more pain for yourself. **STOP PUSHING THE ROPE!**

Log as much good conflict free time with them as they will tolerate.

Start in a public place of their choice. Go in separate cars and have a good time.

Move forward trying to go together as much as possible.

GO SLOW!

DON'T WHINE OR BEG!

CONTROL YOUR EXPECTATIONS.

Reset the expectation level to ZERO! When you tell them “I love you” and you receive nothing back, this will only set *you* up for anger. When they fail to respond to you emotionally, just know that they will probably not only do what you don't expect, but they also don't seem to give a rip either.

This will be hurtful to you, but hang in there and expect nothing for awhile.

