

## Three Things I Am Grateful For

Debbie Preece  
November 22, 2017



On this beautiful fall day right before Thanksgiving, I realize that there are so many things I am grateful for – the lovely, mild weather here in Huntsville, AL, my children living close by, my dear, supportive friends, my beautiful home, the many blessings of living in this country, etc. But in this blog I've decided to limit my focus to things I'm grateful for as related to marriage.

Of course, I would have to say that absolutely the number one thing I am most grateful for is my own marriage. With so much divorce and breakdown of families all around, I know that I am very fortunate to be in strong, healthy marriage for over 35 years. I have to give a lot of the credit to my husband who has always been a wonderful, kind and loving husband. He has always been my source of strength and stability, as well as my greatest supporter. Because of his support I am now able to do the work I love of helping other couples have happy marriages as well.

Secondly, I am grateful for all of the marriage champions that have come before me and have laid a pathway for others like me. Because of their struggles to understand marriage, I don't have to reinvent the wheel. Instead, I just pick up a book and learn from them. As I've read their books I've been moved by many of their stories of the struggles they went through to discover how to help marriages. Here is a sample:

Michele Weiner-Davis (author of "Divorce Busting," "The Divorce Remedy," "The Sex-Starved Marriage," and others) – Was devastated by her parents' divorce when she was in high school. Then, as a young counselor was frustrated for years by her lack of success in helping marriages until she discovered the effectiveness of solution-focused marriage counseling.

Harville Hendrix (author of "Getting the Love You Want" and founder of "Imago" therapy for couples) – Struggled for years in his counseling practice with having little to no success in helping couples. In addition, he could not even save his own marriage and eventually got divorced. Out of his desperation to find answers for himself as well as for the couples he was trying to help, he finally discovered what worked.

Laura Doyle (author of "The Surrendered Wife" and others) – After spending months and thousands of dollars on marriage counseling, she finally gave up on it when her marriage wasn't getting any better and she realized that her counselor didn't know any more about marriage than she did. Instead, she began asking women in long-term marriages what their secrets to a happy marriage were. When she started applying the things she was learning to her own marriage, she was able to completely turn it around by herself.

Mort Fertel (founder of the Marriage Fitness program) – He and his wife lost 3 children at birth. After so much loss and grief, their marriage was on the verge of collapse. They tried marriage counseling but would leave the counseling office fighting more with each other than when they first arrived. So they gave up on marriage counseling and decided to try something different. As a result of their own efforts, they were able to restore the love they had lost and save their marriage.

Thirdly, I am very grateful for modern technology. It truly amazes me what is now possible to do as a self-employed counselor/coach. Here are some examples:

- \* I can run my practice out of the privacy and comfort of my own home. All I need is a room to see clients and a personal computer and printer.
- \* Using my computer I can:
  - \*\* Market myself online, creating my own website, Facebook page, newsletter, brochures, flyers and other materials to help promote my business
  - \*\* List myself on online websites such as Psychology Today and Thumbtack, where people can easily find and contact me with just a click of a mouse.
  - \*\* Communicate with clients between sessions, send reminders, do billing and keep all records
  - \*\* Search for, find and then have instant access to educational materials I need to be more effective as a counselor (Kindle books)
- \* Counsel/coach clients without them having to be here in my office using Skype, FaceTime and my cell phone, and all at no extra cost. The distance between some clients and myself has ranged from just a couple hours away in Cullman or Birmingham, to all the way in New York and even Paris!

So these are the three things I am most grateful for this Thanksgiving season. Oops! I almost forgot one other VERY important thing. I am so grateful for my wonderful clients who have put their faith and trust in me and allowed me the privilege to enter such a sacred space with them – their marriages.

To my clients and to everyone - have a very wonderful Thanksgiving!

For previously posted Marriage Tips, go to [www.marriagecoaching.life](http://www.marriagecoaching.life) and click on Articles under the heading, Help.

---

Source: MARRIAGE COACHING, LLC - An Alternative to Counseling

Check it out [HERE](#).

You can Join Debbie Preece's Weekly Marriage Tips mailing list [HERE](#).

Debbie Preece is a Marriage Coach and a Unificationist. Check her information [HERE](#).