



# Marriage Rules<sup>©</sup>

## “NO BACK DOOR”

By: Larry B. Gelman, Psy. D.

There are many ways to save a marriage. One way is to have **“NO BACK DOOR”**!

**“NO BACK DOOR”** means that once two people vow to commit to each other, they are “in” for the long haul, no matter what.

Now anyone who has ever taken a very long and arduous journey knows that no matter how good one’s intentions are and no matter how well one’s plans may be something will usually go wrong.

**“NO BACK DOOR”** means that if you’re “in”, then you’re “in” and if you’re not in, then you’re “out”.

Couples who commit to **“NO BACK DOOR”** will never develop a throw-away marriage. Such marriages do not quit. They do not run. They do not hide. They do not look for an “out” because for them, there is **“NO BACK DOOR”**.

Couples who fail to consistently commit to **“NO BACK DOOR”** will eventually justify whatever plausible excuse may occur to them as the need arises and when it suits their purpose, out the back door they will go.

To be sure, some marriages are extremely toxic and highly destructive. Each person in that sort of relationship must decide if there is really any good reason why one, or the other, should not get out.

However, even in these circumstances, it is essential that there remain **“NO BACK DOOR”** since it is important for everyone in a healthy, mature, adult-adult relationship to enter --- and to leave --- through the front door.

If you really want to save your marriage, one way is to have **“NO BACK DOOR”**!

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