



What Is The Purpose of Marriage?

This is Jenny Glick with the Counseling Center of Cherry Creek. I gave a talk a couple of nights ago at an event center and the topic of the conversation was about relationships. I started out by inviting all of those folks in attendance to just popcorn out ideas as to what the purpose of our relationships may be. I had answers like, “We’re in a relationship, we get married, to feel loved, to feel safe, to feel connected, to feel seen, to feel important, to feel valued, to be financially secure, to have sex,” those kinds of things. I wrote all of those items on the board.

Then I said to the group, “What if I were to tell you that that is not the purpose of relationships, that that’s maybe a byproduct of our committed relationships and marriages? What if I were to tell you that the purpose of relationships was to create an intense pressure cooker-like situation that would squeeze you and shape you and shift you, and that if you open to the process, if you relax in the process, if you let the process work on you, that you would pop out a diamond? What if we looked at our relationships as a container for deep growth and expected there to be quite a lot of pain, quite a lot of hurt, along the way and our invitation in that, then, is to go deeper to understand ourselves more, to understand how to relate more, how to collaborate, how to compromise, how to identify our own needs, how to express those needs in a kind, loving and supportive way?”

This was new information for most of the folks in attendance that evening. Many of them left saying they felt like their mind was blown, that they’d never thought about relationships in that way. When we see the purpose of our relationships as one, as a structure that’s there to evolve us, to challenge us, then when we don’t feel connected, when we don’t feel sane, when we don’t feel heard or loved, then we know we’re on the right path. We know that we’re in the pressure cooker. Maybe we need to make decisions about that. Maybe we stay, maybe we leave, we get separated, we get a divorce.

It’s less about those choices and it’s more about relaxing in the system so that we can let it work us so that we might grow, transform and change. My vision of committed relationships is that they are an opportunity for us to evolve to become beings with higher consciousness so that we have the capacity to connect more deeply with ourselves and with those around us, and we choose someone whom we marry or commit to, and they mirror lots of parts of ourselves that we don’t like to see. When we see those parts, we have a choice. We can grow them up, we can heal them, we can transform them, or we can pretend that they’re not there and we can blame the other person.

I hope that this has been three minutes of something new or different for you. If you're interested in learning more about how this might be applied to your own life, I invite you to schedule a free 20-minute consultation with me by clicking the red button there on the right side of your screen. Thanks for spending your time here. This is Jenny Glick with the Counseling Center of Cherry Creek.

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