

'Real Housewives of Orange County' Vicki Gunvalson Tries to Fix Shannon Beador's Marriage



By Laura Seaman

Vicki Gunvalson and the Beadors of the *Real Housewives of Orange County* are taking a trip to Mexico in order to try to rekindle the love between Shannon Beador and her husband David. "Our relationship needs this trip more than ever," Beador told [People](#). "I'm going to Puerto Vallarta with my eyes wide open." The couple and their *Real Wives* friend have been focusing on fun, though tensions are still present. During one of the couples' fights, Gunvalson said, "You need to figure

this out or you're going to end up divorced."

What are some ways to work on your troubled marriage?

Cupid's Advice:

It's a sad thing when a marriage starts falling apart. When you said those vows, you planned on the relationship lasting a lifetime, and it may seem hard now, but it's not too late! If you want your marriage to work, you need to put in the effort. You loved each other once, and you can learn to do it again:

1. Spend some time alone together. Take time off work, turn off your phones, and go somewhere relatively peaceful. Maybe that's just staying home, or maybe it's going away on vacation. Either way, you need to put off other sources of stress and spend some relaxing, peaceful time as a couple.

Related: [Use Your Five Senses for a More Fulfilled Love Life](#)

2. Take some time to work on yourself. Marriage and time might have changed you, and you're no longer the person you were when you first met your partner. Find out if this change is the reason you're now unhappy in the relationship and whether or not you've changed for the better. Your partner should do the same, but that's their own choice to make.

Related: [Screwing the Rules Video Dating Tips: Communicating About Tough Topics](#)

3. Just talk about it. You've probably heard this a million times before, but it's probably the most important part of any relationship. Talk about what you want out of life, what you want out of your partner, and what you're not getting out of the marriage that you would like to have. There's a reason it's called 'awkward' silence. Nothing gets fixed if you just ignore it.

How have you gotten through the rough patches in your

marriage? Tell us in the comments!