

Intimacy-less Marriage?

For most spouses, the ability to be intimate depends on how they feel emotionally towards their partner. It's hard to be intimate when you feel angry, wounded or hurt. Intimacy is fragile, and can be destroyed by many things including:

The way you speak to your partner

Strive to always speak to your partner lovingly and respectfully. Be kind. Gentle. Considerate.

Avoid being condescending or cutting them off when they're speaking; don't minimize what they're saying, or yell at them, even when you're angry.

Speaking harshly destroys self-confidence and erodes trust.

Harsh words and snapping at your spouse kill intimacy.

So does clamming up and shutting down.

How you speak to your spouse either fosters intimacy or kills it.

The way you show your partner love

Speak to your partner in *their* love language.

What's their love language?

Is it physical touch, acts of service, quality time, gifts, or words of affirmation?

Also, let your spouse know the kind of love you need - tell them *your* love language.

When one of you feels unloved, intimacy suffers.

Demanding love from your partner can push them away because it can make you look desperate and needy, which makes anyone less desirable.

Love breeds love.

So what should you do? Be more loving and affectionate.

As long as you're in a healthy relationship and your partner knows your love language, it's likely that they'll reciprocate your love.

The way you deal with conflict in the marriage

Always be loving and caring towards your partner even when they've wronged you.

Don't treat them like a criminal.

Give them the benefit of the doubt and a chance to explain.

Once you've had an honest conversation about the issue, forgive your partner and let it go whether or not you get the apology you think you deserve.

Intimacy is fragile. It can hang by a thread - and it doesn't take much to break it.

But you can guard it and keep it alive by using these four simple (but not always easy) tips.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!