

# Loveless Marriage?

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When a couple grows apart and ends up in a loveless marriage, it's usually because *both* parties have stopped putting effort into the relationship.

However, there are situations where one partner withdraws and stops emotionally investing in the marriage, leaving their spouse feeling rejected, unwanted, and unloved.

Usually, the person on the receiving end will try a couple of different techniques to make their spouse more affectionate. Usually they will beg, yell or retaliate by withdrawing emotionally from the marriage. Those techniques never work.

## **How to Rekindle an Emotional Connection with an Unaffectionate Spouse**

### ***Do not beg for affection...***

Nagging or pestering your partner for affection is the same as begging for affection.

When you beg for affection, you're essentially guilt-tripping your partner into showing you love. It makes your spouse feel weak, manipulated, and resentful towards you; resentment only makes them withdraw even more.

### ***Communicate...***

Instead of begging, calmly explain to your spouse why you feel hurt and unloved. Don't say "You never show me affection," or similar absolute statements.

Start sentences with, "I feel" and explain your feelings without accusing or blaming your partner of anything. Once you've shared your feelings, give your spouse a chance to speak; don't interrupt them. Allow them to explain how they feel about the situation.

Once you've both opened your hearts and shared your feelings and perspectives, discuss possible solutions and compromises.

### ***Find out your spouse's love language...***

Sometimes the issue isn't a lack of love in the marriage, it's that you and your spouse are speaking different love languages.

Your love language determines the way you give and receive love; it's very important for you to learn and speak each other's love languages.

The five languages as described by Gary Chapman in his bestselling book "The Five Love Languages" are: quality time, words of affirmation, acts of service, gifts, and physical touch.

If you haven't read Gary Chapman's book, I highly recommend doing so even if your marriage isn't in a loveless situation because it'll give you a better insight into your spouse's love language and your own.

### ***See a counselor...***

Couple's therapy can help identify what triggered your spouse to withdraw emotionally.

This is important because emotional withdrawal and a loveless marriage is often the result of past issues and hurts; something could've happened years ago in your marriage that has led to your current situation. A therapist will help you and your spouse identify the cause and point you towards possible solutions.

Being in a loveless marriage that's void of affection and connection is one of the loneliest and most emotionally devastating experiences a person can go through.

So, if you sense you're going down that road, use these tips to start turning things around.

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