

4 Ways to Reconnect with Your Spouse This Week

How connected do you feel to your spouse?

Do you remember a time when you felt a deep, close connection?

It's hard for busy couples to stay connected because there are things you have to do to survive - things to take care of and get done!

Everything else comes first and your marriage comes second, or third, or last.

You start disconnecting. Not because you want to. But because it *just happens*. And before you know it, you start living separate lives.

Passion fades. Intensity weakens. And your marriage cools.

At some point you'll realize you're drifting, but, if you're like most couples, you won't know what to do about it.

How to Reconnect with your Spouse

Break the ice...

If you're drifting, break the ice by reopening the lines of communication.

You don't even have to say anything!

It can be as simple as walking over to your spouse and giving them a hug or holding their hand.

Show that you're still connected, and that you want to nurture that connection.

Find something positive to talk about...

When you reopen the lines of communication, please don't talk about any marital problems at first. Find something positive, interesting, or fun to talk about.

You'll be surprised how this one simple thing will heal some of the other stuff that you thought needed discussing.

Talk about how nice the weather is, or compliment your spouse - but don't give insincere compliments.

Also, if you can find something to laugh about, even better! Humor fosters closeness.

Rebuild trust...

As your relationship starts to warm and thaw, start rebuilding trust.

A great place to start is by communicating and spending time together regularly.

Set aside at least 10 minutes every day at first to talk to each other about your day, dreams, fears, worries, blessings, and, most importantly, your expectations.

Just keep in mind that rebuilding trust requires being vulnerable and honest with each other.

Seek marriage counseling...

Drifting apart doesn't seem like a big deal to most couples... until it is; it happens slowly over time.

Feeling disconnected leads to more arguments, misunderstandings, regrets, and even bigger marriage problems.

So if you feel like you've been drifting for a while, please give counseling a try - or at least think about it.

Counseling isn't just for severe marital issues. Why let things get that far anyway?

These are just a few simple tips on how to begin the *process* of reconnecting with your partner.

You don't have to drift any further apart than you already have. So, work to reconnect with your spouse today.

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