

Why You're Growing Apart

Either you're staying connected or growing apart; there's no middle ground in marriage. By the way, growing apart is a leading cause of divorce.

Why do couples grow apart?

They get bored...

Keeping your relationship interesting takes work. Letting it get dull, doesn't. If you want more excitement in your marriage, become a more interesting person!

Be creative, take adventures, seize opportunities to grow. Interesting people have interesting relationships.

They live separate lives...

Spouses should spend between 8 and 15 hours a week together. Anything less than a little over an hour of daily alone time together, is a formula for growing apart.

Here's the tricky part, when facing marital conflict, it's easy for a couple to use work, hobbies, or kids to avoid spending time together.

They let the stress of daily life get to them...

It doesn't have to be bad stress either. Big life events such as the birth of a child, buying a home, or an illness can cause a couple to withdraw.

Spouses often have different ways of coping with stress. One person might be emotional while the other is cold and business-like, which can create conflict.

They become codependent...

Codependency is when one spouse constantly makes sacrifices for the other spouse's happiness without getting much in return.

In these situations, one person over-functions by worrying excessively and feeling responsible for the other; the other spouse under-functions by constantly asking for help with things that they can do for themselves.

The over-functioning spouse eventually gets tired of sacrificing their own needs to meet the needs of their "lazy" partner, so they grow apart.

Are you growing apart? What can you do this week to stop drifting and to start feeling closer again?

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