

Do Long Distance Marriages Last?

Remember that old adage about how absence makes the heart grow fonder? Yeah, well, it's a lie. Sure, it might be true for a couple of days, maybe even five or six. But, absence makes the heart wonder. Long distance couples struggle to stay mentally and emotionally connected. Plus, there's no physical connection.

Living apart, or being away from each other a lot, takes a severe toll on intimacy.

The biggest challenge for long distance marriages:

Most people approach long distance relationships from a place of fear - fear they'll grow apart...fear their spouse won't stay faithful...fear they'll be overwhelmed with responsibilities because their spouse isn't around to help out. Legitimate fears.

But there's another option. If you're in a long distance relationship, try this: Approach it from a place of **faith** instead of fear. Distancing yourself from fear gives you the strength and confidence to protect your marriage and make it work.

How to keep a long distance relationship healthy

Communicate

Communication is essential to saving your marriage in a long distance situation and keeping it healthy. You have to talk. With today's technology, it's never been easier to stay in touch, even face-to-face. You need to talk to each other about serious things such as finances, parenting, fears and expectations, as well as trivial things like the weather or what you did that day.

Be creative. Be playful, tell jokes, laugh. Use the video feature on your smart device to cook and have dinner together.

Ideally, communicate daily. Discuss your schedules and find a time that works for both.

Don't make unsubstantiated accusations & judgments

If you want your marriage to survive, trust your partner and treat them with respect.

Don't get into the habit of making paranoid accusations or passing judgment on situations without making an effort to get all the facts. You must believe that your spouse won't do anything to hurt you or your marriage intentionally.

Don't be too clingy or needy

Being afraid that you and your spouse will grow apart can manifest in the form of clinginess and neediness. This might cause your spouse to long for more space, and pull away from you, which will make you clingier.

The only way to break this cycle is to overcome the fear that the two of you will grow apart. Have faith in the commitment you made to each other.

Spend time together

Whenever possible, travel to each other; spend as much time together as possible. Have fun, help each other out, and enjoy intimacy in all of its forms.

Don't spend all your time together dealing with issues and marital problems.

Your time together is an opportunity to refill each other's love tanks.

If you can't be together for whatever reason, send each other care packages, photos and letters.

Living apart from a spouse isn't easy or healthy. However, you can make long distance marriage easier for yourself and your spouse by communicating daily, trusting each other, not being too clingy, and spending as much time together as you when possible.

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