

5 Ways You're Killing Romance...

It's hard to keep romance alive beyond the first year of marriage. And it gets even more difficult when kids enter the picture because parenting takes 100% of your focus and energy, so romance is one of the first things to go.

You can help your cause by avoiding these top five romance killers:

Avoid self-deprecation...

Self-deprecation is okay in small doses, otherwise it looks like you lack confidence...and there's just something attractive about confidence.

If your spouse says they like you just the way you are, stop seeking reassurance over and over and over again.

Letting yourself go...

Is it just me or does it kind of seem that people let themselves go after they get married? Although physical appearance isn't the most important thing, it probably had something to do with why your spouse was attracted to you in the first place.

Try to look good for each other.

Technology...

Technology is a romance killer because it divides one's attention. Your spouse deserves your undivided attention every so often. Nothing kills the mood like an unnecessary alert from a silly app.

Laziness...

People tend to get a little lazy after marriage because they achieved their goal of catching the person of their dreams!

What usually happens? They stop making an effort.

What needs to happen is we need to keep romancing each other and taking an interest in each other's life, otherwise we'll start taking each other for granted.

Routine...

Don't. Be. Boring.

Scheduling stuff is great but leave room for spontaneity.

Mix things up!

Try something new every once-in-a-while. Enjoy a little variety in your relationship.

Keeping romance alive is always a challenge but there's no need to make it any harder than it already is.

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