

# Want More Romance?

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Many couples who love each other and enjoy each other's company, feel marriage has become dull; it lacks passion and wonder and excitement! They *long* for it to be the way it was in the beginning.

People are usually carefree and romantic in the beginning; it's when they're most like themselves despite trying really hard to be on their best behavior.

They're open; and they've not put up walls to protect their heart due to hurt, anger and mistrust. It's easy to see the best in each other during love's early stages because you'll do ANYTHING to be with that person. But after a few years into the relationship, when once white-hot feelings of passion have been *allowed* to simmer down, and you start taking each other for granted, imperfections that were overlooked become noticeable; "cute" habits become annoying. Things that are said and done leave you feeling a little cooler and a lot more jaded.

Romance slips way down the list of priorities because of work, kids, bills, stress, and the exhausting grind of daily life. Truth is, although the way it was in the beginning happened naturally it takes effort, focus and attention later. It can be done but you've got to want it.

## How to Recapture Romance in Your Marriage

### Look at your spouse with fresh eyes daily...

You can't experience romance and passion while clinging to past baggage.

Remind yourself why you fell in love with your partner. Did they make you laugh? Did they make you feel warm all over?

Remember why you fell in love because those qualities are still there.

### Lose exaggerated expectations

Want an unhappy marriage? Demand unrealistic expectations of your spouse.

All it'll do is leave you feeling angry, disappointed, and frustrated because you can't change or control your partner.

Change yourself instead. Accept your partner *just like you did in the beginning!* Replace unrealistic expectations with healthy realities.

### Be responsible for your actions

If your marriage is dull and stale, guess what? Your partner isn't the only one to blame. You know this, right?

If passion and romance are lacking, you've contributed to the situation in one way or another through thoughts and actions.

Instead of constantly demanding things of your partner, be more gracious and grateful.

Why? Because it pulls your spouse towards you.

You can push them away or pull them close. Appreciation and gratitude make your partner more giving.

If you want more passion and romance in your marriage, please don't jump straight into romantic dinners and surprise gifts.

First, lay the foundation upon which lasting romance can flourish by letting go of resentment, unrealistic expectations, and harmful demands.

This approach keeps you from reverting back into a boring and unhappy marriage once the initial excitement of the romantic dinner or surprise gift has worn off.

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