

# Falling In Love With Your Spouse Again

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It's hard to feel loving and affectionate towards your spouse while harboring deep seated feelings of pain and resentment towards them because they hurt you. Pain and resentment will sever your emotional connection if given enough time. If you truly want to hold onto love, let go of your grudge so your wounds can heal. How?

## **Remember the good times...**

Remember the good times you've had with your spouse. Think about how you fell in love, your dating experiences, wedding, honeymoon, the day you brought your first child home, and all the other happy moments you've shared. Look through old photo albums, scrapbooks and journals. Sometimes, remembering and reliving the good times can reignite your emotional connection. Plus, it might make you want to create more happy memories, which is the first step to falling in love again.

## **Forgive your spouse...**

There's no way for your spouse to change the past or erase what happened. If you want to save your relationship and make your marriage work, you must find a way to forgive them. Hanging onto hurt, anger, and resentment destroys any chance of a happy marriage. If you find yourself thinking that your spouse doesn't deserve forgiveness or hasn't done enough to make up for what they did, remember that forgiveness frees you from hurt and anger so you can move on. Ask God for the grace to forgive your spouse.

## **Don't speak ill of your spouse...**

Never bad mouth your spouse in front of others - even if it's well-deserved! Even if you're struggling in your marriage, remain united in the eyes of others. Saying bad things about your spouse might make you feel better...but it *never* makes things better. Besides, not only does it disrespect your spouse, it disrespects you and paints you in a bad light because YOU chose to marry them in the first place! Does this mean you can't vent or share your problems with your friends? Not at all. Just make sure you don't bad mouth your spouse or make them look like the bad guy.

## **Court your spouse...**

Lastly, if you want to win your spouse's affection, you'll have to court them. You'll have to work for it, earn it, and, in some cases, fight for it. Take them out on a date e.g. dinner, the movies or a concert. Make them feel alive, loved, wanted, attractive, cherished, and desirable.

Also, and I realize what I'm about to say isn't popular but try paying a little more attention to yourself - your habits and appearance. Try to look good for your spouse. And be on your best behavior. Showing that you take pride in your appearance and actions demonstrates that you care about them.

Don't know where to start? Just do what you did when you started dating. Attraction not only played a role when you fell in love, it plays a role with staying in love.

If you feel like you and your spouse are growing apart, if you're falling out of love, close the gap by reliving the good times, forgiving wrongs and hurts, building your spouse up instead of bad mouthing them, and put some effort into yourself and your relationship by courting them again. These things might not fix your marriage overnight but they'll do wonders for your relationship.

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