

# Is This Hurting Your Marriage?

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It's easy to face marriage problems until the emotional "high" of love begins to fade.

Here are some ongoing sources of marriage problems and how to deal with them when puppy love fades and you don't think your spouse is as cute anymore :)

## **Changing roles**

It's easy to decide who's supposed to do what when you're first married. But, as careers take off and kids enter the picture, it gets harder and a little less...cute.

Have you ever noticed how things rarely fall into place as expected? Expect to review and renegotiate household roles often.

## **Changing finances**

Financial stress is bad for relationships, especially if you have different spending habits, and views about saving and investing, not to mention the unexpected things that come up.

The only way to avoid this is to clearly define your core values, beliefs and habits on money. Decide what's important to each of you, make compromises, and create a plan that you both can live with.

## **In-laws**

Face it. This minefield fills the bravest Navy Seal with fear and trembling. So let's just say that to reduce outside interference and stay on mission, decide how much input you want from your in-laws, then communicate your decision and/or manage the situation accordingly in a way that minimizes conflict and hurt feelings.

## **Schedules...Especially "Me Time"**

Getting enough me-time is a real challenge (and a luxury). Your responsibilities include work, kids, running the household, errands, volunteering or religious observances and spiritual practices, along with health and exercise.

When can you find time for yourself?

You have a life to live that shouldn't be put on hold. Why? Because depriving yourself is exhausting and fills you with resentment.

You need a hobby; follow your passions. Live your life!

Figure out a workable schedule with your spouse so that they can get a life, too!

You'll always struggle with these issues, but just because they're a part of your marriage, doesn't mean they have to be an anchor on your relationship.

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