

Boring Marriage?

Few things are more exciting than the beginning of a relationship with that special someone.

But, before long, the initial excitement wanes and the relationship settles into a predictable, if not boring, routine.

Is this the natural order of things?

Must we settle for a mundane marriage?

Absolutely not!

There are ways for a married couple to avoid complacency and maintain excitement in their relationship. But since emotion follows action, you must first decide to get out of the rut. Unfortunately, some people like the rut because it feels safe, familiar and comfortable.

SPONTANEITY

This is one of the best ways to prevent your marriage from flatlining. Be open to trying new things and activities even if they make you feel a bit uncomfortable or afraid.

You don't have to do anything big or spend lots of money. Simple things are okay. It can be anything from trying a new recipe for a special meal at home, or, it can absolutely be something scary and big like skydiving!

But, it could be as simple as holding your partner's hand in public...or a stolen kiss.

Just keep in mind that when it comes to spontaneity there's a good chance things won't go as planned - which is part of the fun! Try not to sweat it. Just go with the flow and have fun. If things really go off the rails, smile and make the best of it.

What are some spontaneous things you could do to make your relationship more fun?

PAMPERING

Pampering your spouse maintains excitement.

Offering a massage when they're worn out and tired is not only selfless, but it keeps your relationship warm and exciting too.

What are some special things you could do to pamper your spouse?

NEW ADVENTURES

These don't have to be adrenaline-filled extreme activities such as bungee jumping or ziplining if you're not into such things, although it can be.

But it can be just as exciting to take a fun class of cooking, pottery, dance, painting, horseback riding, tennis or scuba diving together.

The excitement comes from interacting with each other in new and unfamiliar environments.

Enjoying fun experiences with your spouse draws you closer together.

Truth is, the excitement in your marriage will only fade to the level that you allow it to fade.

As 2019 gets underway, remember, it's easier to prevent the spark from fading than to rekindle it. If the spark has faded, get busy rekindling it!

But if it hasn't, do something that sets the stage for an exciting year for your marriage.

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