

# Does Your Spouse Say Stuff Like...

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If your spouse says stuff like “you never have time for me” or “you’re always tired” it’s a sign they need more attention.

Failing to meet their need for love and connection usually leads to marital issues.

So let me ask you, how much quality time do you and your spouse spend together? (Sitting on the couch together binging on Netflix doesn't count...)

Quality time is giving your partner your *undivided* attention; it fosters closeness and togetherness.

## 3 Ways to Spend More Quality Time with Your Spouse

### **SCHEDULE it!**

It won't happen until you schedule it. Life always gets in the way. Don't search your calendars for dates you're both free. No. Choose a time and then reschedule other people around YOUR schedule. Put your marriage first.

Okay. So there ARE times when life gets in the way and you can't do *anything* about it. You just have to take advantage of whatever time you have together during the course of the week. So...you could:

### **Do Chores Together**

Not the most exciting suggestion, I know. BUT, at least you'll be together and making each other's life a little bit easier, right?

Whether it's washing the cars or doing the dishes, do it together and try to have a conversation while you're completing whatever task it is. OR you could just go to bed 10 or 15 minutes earlier and use that time to talk.

### **Find a Shared Interest**

Shared interests are a great way to meet each other's need for connection through recreational companionship.

Don't have one? Pick a few and have fun figuring out which one(s) you'd enjoy doing together regularly.

It could be anything from tennis to volunteering on the weekends.

Quality time is an important love language. Make an effort to spend more time together either by scheduling it, finding shared interests, or simply making the most of the time you already spend together.

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