

Can You Fall In Love Again?

The beginning of a romantic relationship is filled with passion and butterflies! However, after a few years the mere sight of your partner might not exactly cause your heart to do cartwheels (and where did those butterflies go - did they migrate somewhere?).

It's easy to forget *why* you fell in love...

Career and kids stress you out. Life gets busy and overwhelming, leaving you feeling drained and exhausted. You begin saying "I love you" out of habit rather than from true passion. You take each other for granted and overlook the little things that you once thought were so special.

One of the best ways to survive this situation is to remember why you fell in love with your partner to begin with. There was a time when you wanted to be with them more than anything in the world.

Remember why you fell in love...

Research shows that the happiest married couples are those that can remember exactly how and why they fell in love.

Remembering and honoring why you fell in love, helps to keep love's fire burning.

Reflection time...

If you're wondering what to do for Valentine's Day, here's an idea; think back to the moment when you realized you were in love.

Was it a special occasion?

Did your spouse say or do something that made you realize you were hooked?

If you can't remember the exact moment, try recalling a special, unforgettable moment at the beginning of your relationship. Relive that moment by remembering as much detail as possible.

Jog your memory...

Look through old photos from when you were dating, or of your wedding day; look at photos of the life you've built together.

Or, simply reminisce with your spouse - what are some of their favorite memories and why?

If your spouse remembers things differently than you, don't argue; just listen, and honor them in this special moment.

To have a happy marriage, *regularly* remind yourself why you fell in love with your spouse - the person of your dreams; it's the secret to falling in love again and staying in love.

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