

Is Your Marriage Under Attack?

Okay. Maybe "attack" is too strong a word. But your marriage does face constant pressure from outside interference and influences EVERY day, and it's your job to protect it because no one else will.

There will always be someone or something competing for your time and attention whether it's work, family, friends, or your kids.

Every couple needs boundaries to protect their relationship. This means saying no to the temptations and pressures of everyday life, and teaching family, friends and kids to respect your marriage.

Dealing with Interference From:

Work

Often times workaholics are using work to avoid issues at home.

A spouse who feels hurt, emotionally disconnected or controlled by their spouse might use work as a safe haven.

Demanding that your spouse spend less time at work doesn't get you anywhere. Try to enhance your interaction with them so they will want to spend more time at home.

Children

Kids are fun and require a LOT of time. But many parents use their kids to avoid marital issues.

For example, couples with intimacy issues often use their kids to avoid intimacy.

Others feel that it's easier to have a relationship with their kids than their spouse because kids are easier to control and give of their love freely.

As a parent, give your kids a chance to do things for themselves, and try not to use their love as a replacement for the love of your spouse.

Lastly, teach them the importance of mom and dad having a little bit of time just to themselves!

Family and Friends

In-laws and friends interfere with marriages all the time. The real problem is that many couples have no idea how to set and communicate boundaries effectively.

Setting boundaries is really difficult for couples who are financially or emotionally dependent on their family or friends. For instance, it's hard to tell the in-laws that they can't just drop in whenever they want if they're helping with the bills.

It's also hard to tell friends not to interfere with your marriage when you tell them everything that happens in your marriage!

Identify what you can put up with and what stresses you out, then set your boundaries accordingly. Knowing your physical, emotional, mental and spiritual limits helps with setting healthy boundaries.

Next, communicate your boundaries as a couple to your family and friends. Keep it lighthearted and simple.

Your marriage needs protecting and defending, which is something that no one else on the face of the earth can do but you.

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