



How to Save Your Marriage

5 Steps to getting your relationship back on track.

THE MOST IMPORTANT STEP? "START DOING THINGS TOGETHER... NOW!"

—Margery Black, MFT

Is your marriage in trouble? Do you find that the spark is gone? Are you wondering what is happening? Do you hope to solve the problem and get things 'back to normal' again? Maybe your relationship is fine, but you want it to be even better than before, better than you ever thought possible.

Do you feel like your only choice is between accepting things as they are now, no matter how bad they get, or leaving your partner?

This article will give you practical steps to making your marriage work. Consulting with Couples' therapist Margery Black, MFT, we pulled together the best advice for getting your marriage back on track.

According to Margery Black, the biggest failure of marriages starts when couples start living separate lives, no longer sharing activities, thoughts or their inner world. The most important step is to start doing things together, now, says Black.

Help your partner with the household chores, take a weekend away, or just do the grocery shopping together. All of these activities put you in close contact with each other and provide the opportunity to re-connect.

Set time aside for just the two of you. Turn off cell phones, get away from the computer. Start talking. Let your wife know how you feel.

Plan a date night. You can re-energize your relationship by going on dates. Remind yourself what you loved about each other when you first met. Start courting your wife, again. Take her out, create "together time". Do things together that you both enjoy. Movies, walks on the beach, dinner out, a concert or

art festival. Remember what you did when you were courting your wife. Do those things again. Look in your local entertainment guide for weekend activities. Pick any activity that you think your wife would enjoy, and invite her out. Just getting out will make a difference in your ability to reconnect.

Make your spouse your number one priority. With work and kids demanding your constant attention, it's easy to ignore the other adult in your life. Take a moment each day for your spouse and let them know you're thinking about them throughout the day.

Write love letters. It only takes a moment to write "I love you.", but the impact is magnified because it's out of your ordinary routine. Surprise your wife with romance. Research has shown that women respond to words and gestures of kindness with greater openness. Women are more receptive to input than they feel that they are appreciated and understood. Let your partner know how much you appreciate her. Then open up the conversation to deeper issues.

Eat together. Make sure you have at least one meal together, daily. Put down the newspaper and make eye contact with your wife. Listen to what she has to say. Make sure she knows that you hear her.

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