

DANVILLE COUNSELING

“Re-Igniting The Spark In Your Relationship: How To Overcome Being In Auto-Pilot With Each Other ”

By Heather Marchman

Let’s face it, when you have been with someone over time, there is definitely a shift in the dynamics of the relationship. We all know about the honeymoon stage of lust and undue attraction. Scientists have invested a great deal of time and effort proving that yes, in fact, there is a biological basis to this behavior. It always seems to come down to the simple explanation of survival of the species.

So, once the initial phase of new love is over (anywhere from about six months to two years), then what? Lots of folks pretty much fall into a pattern of co-existing. Many people seem to accept this as being the status quo for mature love. So does it really have to be this way?

A lot of couples tend to come to me for counseling as a last ditch effort to save their marriage. Not surprisingly, one of the underlining problems that surfaces, is a chronic lack of passion in the relationship. You may argue that if there are other problems, then how could there be passion?

This often means, putting your ego aside and thinking in terms of what’s best to nurture the relationship. A difficult task because we all have individual wants and needs. And, oh, let us not forget the male-female differential!

© 2008 — Heather Marchman

Heather Marchman, is a licensed Marriage and Family therapist with a private practice in downtown Danville. She works with individuals (adults and teens), couples and families dealing with all sorts of emotional problems. She can be reached at 925-407-7549.

For more information, go to www.DanvilleCounseling.com.

DANVILLE COUNSELING

One of the simplest ways to create more love in your relationship is to be kind to each other. I find once many couples recognize and instill this one concept, they find their conflicts dissipate or are at least easier to handle. I often tell couples that I am far more interested in HOW they relate versus what they relate. I like to suggest couples always approach each other in a respectful manner even when they don't agree on something. So for instance, instead of engaging in a hostile fight, engage in a respectful disagreement/debate.

Another easy way to improve your relationship is to spend quality time together. I am continually amazed at how many couples overlook this essential way to maintain a relationship. We are all so good at prioritizing everyone and everything else at the expense of some couple time. I recommend couples plan at least one holiday a year without children/family/friends. Weekly dates and daily check ins are all helpful but more importantly studies show that sharing a common interest in a hobby or some pleasurable activity is the key to a more satisfying relationship.

My own partner once commented on how much work it takes to create a satisfying relationship. Well, yes, it does take a conscious effort on the part of both to develop a deeper loving relationship. Think about how you were when you first fell in love. I'm willing to bet you put a lot of effort into getting together. Certainly, it was easier, given your biological state of releasing 'love hormones.' However you were then willing to prioritize your relationship.

Simply put, if you are kind to each other and take time for each other, I think you will experience a better love connection that will most likely result in a more bomb proof and hopefully passionate marriage.

Finally, when are we going to have a Couples-Only-Stroll-Through-Town? Perhaps this could become a Valentine's Day tradition? I've got to talk to our Danville Merchants Association about that idea!

© 2008 — Heather Marchman

Heather Marchman, is a licensed Marriage and Family therapist with a private practice in downtown Danville. She works with individuals (adults and teens), couples and families dealing with all sorts of emotional problems. She can be reached at 925-407-7549.

For more information, go to www.DanvilleCounseling.com.