

ENHANCING LOVE IN MARRIAGE

How often is love a part of a married person's life? The concept of love has no boundaries. Sometimes couples get caught up in busy day-to-day activities that they have no time to show their spouse love or even think about what the other's needs are. Altruism & friendship, romance and physical attraction, and emotion are all products of love. Oftentimes, these products of love occur more frequently in the first years of marriage, then begin to fade several years into the marriage. What are ways in which married couples can enhance love in their marriage?

What are some ways in which married couples can strengthen altruistic and friendship love?

- Shared goals and a sense of teamwork in the relationship
- Expressing appreciation for one another
- Spend time and enjoy conversation with each other
- An increased sense of humor in the relationship
- Communicate respect and love for one another, even in the smallest of ways
- Maintaining good conflict resolution skills
- Put your partner's interests above your own
- Don't be afraid to show emotion

What are some ways in which married couples can strengthen romantic love?

- Go on a special date, such as out to dinner or to a movie
- Leave love notes in their briefcase or in their lunch
- Give each other hugs/kisses before bed, before & after work, etc.
- Learn what pleases your spouse romantically
- If busy schedules are getting in the way, plan certain times you and your spouse can spend together alone
- Make your bedroom a comfortable and creative setting for love-making

Enhancing love in a marriage will increase a married couple's satisfaction and happiness through:

- Positivity
- Empathy
- Commitment
- Acceptance
- Respect