

Your Relationship Matters

The couples in this world that have a plan and a clear set of expectations are much more likely to succeed having a long term relationship fulfilling for both. These are principles that regardless of your relationship makeup can help you enjoy your relationship more than you could ever imagine.

We must overcome isolation. We get married to find intimacy but too often when the commitment is secure we stop doing the work of the relationship and hence it loses its focus. Selfishness in a relationship leads to isolation and for many the drifting apart becomes a vast expanse of neglect where unfortunately many seek the intimacy elsewhere. Oneness in intimacy both sensual and sexual leads to harmony. Are you “going your own way” in your relationship?

Do you spend more time accepting your spouses/partners’ differences or do you spend more time highlighting them? Are you a little bit country and they are a little bit rock and roll? Take one minute to see how many things you can think of that your partner helped you with last week and for another minute think about how often your partner highlighted your mistakes this past week. A suggestion for the wise is to look at yourself first before you dissect your partner. The integrity you gain in looking within first will always pay huge dividends later.

As a couple ask yourselves the following three questions: 1) What is one area in which you have a healthy separation from your parents? (If you are going to be fair, please look at the alternate side and review if you have separated at all). 2) What is one experience you’ve been through lately that drew you closer together? (Again look at whether perhaps the most significant memorable recent event was a very negative interaction and decide how long you are going to feed off the bitterness of that experience). 3) What is one really romantic date you have had as a couple recently (here’s a clue if the word date has not been used since you’ve tied the knot isn’t it time you planned one, like now, no excuses).

Please take time to define your expectations for not only yourself but your partner in what I find to be the most crucial areas of your relationship: 1) Trust 2) Love 3) Joy 4) Peace 5) Patience 6) Kindness 7) Goodness 8) Faithfulness 9) Gentleness 10) Self control. Define these things and spell out how it will look when you are successfully fulfilling your expectations of yourself and please provide a guide for your spouse because this relationship gig should never ever be a guessing game.

We can all benefit from a little introspection so please give your relationship the time and attention it deserves being confident you can live a long and fulfilling life together, with attention not only to the work but the joy as well at being one.

If you find yourself really struggling with your relationship remember we at CSEAP can help. We can be reached at 303-866-4314 or 1-800-821-8154.