

Is your **MARRIAGE** enduring stormy seas?

Tips for Calmer Waters with Your Spouse



Relationships are a lot like boats—they take lots of effort to maintain, and it's not always smooth sailing. Use these tips to get back in shipshape after circumstances rock your boat.

TAKE UP A NEW HOBBY TOGETHER

A shared passion for something new can spill over into greater passion for each other. Take a dance class, invest in a cooking course, or find something else that the both of you have always wanted to try.

PERFORM AN ACT OF GRATITUDE

Ruts tend to happen when couples get stuck in a cycle of negativity and criticism toward one another. Break the pattern of seeing only the bad and do something that shows your loved one you still appreciate the good.

GET SPONTANEOUS & BREAK ROUTINE

Long term pair bonding leads to stability, but also to a lack of excitement. Try finding something that recaptures the passion of your early courtship phase. Romantic retreats are great if you want to make big waves, but a simple surprise date can cause a powerful ripple effect as well.

LEARN SOMETHING NEW ABOUT YOUR PARTNER

You can never know all there is to know about another human being. Try digging deeper to uncover something you didn't already know about your partner.

Finding the right marriage counselor

When all else fails, marriage counseling might be the move that can save your marriage. Make sure you find the right counselor for you with these simple tips:

DON'T CHOOSE YOUR COUNSELOR BASED ON CONVENIENCE

Being located near where you live does not make a counselor qualified, nor does it mean they're the right fit for your relationship. Be prepared to commute or even virtually visit a specialist that works for you.

USE REFERENCES TO FIND A QUALIFIED COUNSELOR

Many self-styled marriage counselors are dubiously qualified for the role. Ask around and do your research to make sure you end up with a counselor who has the knowledge and experience your marriage needs to recover.