

Strengthen Your Marriage: Put A Little Love In Your Heart

by Jean MacKenzie

I love taking long trips with my husband. We frequently endure long excursions to visit relatives and friends far and wide despite the difficulties of traveling with four young children and the inevitable exhaustion that ensues. We love visiting and always have a great time when we get together with those we love.

There are many reasons I enjoy traveling but one of the things that often surprises me is the wonderful conversations my husband and I have. Being in the car that long gives us the freedom to have deep and lengthy conversations because there is not much else we can do in the car. All other pressing obligations have to wait. We can listen to things on the radio or CD player, or the person who is not driving can read or write, but conversation, usually good conversation, is inevitable.

Many times I've arrived back in Fredericton late at night and exhausted but with a sense of rejuvenation because my husband and I were able to share some of our inner most thoughts with each other.

“What's this got to do with your marriage?,” you may ask. Well in my marriage I feel a strong need for good conversation. Talking makes me feel loved and gives me a sense of connection with my husband.

Now anyone who knows my husband knows that he loves a good conversation. However, this does not necessarily fulfill his deepest emotional need. If I were to assume that he derived the same fulfillment out of conversation as I do then I could potentially neglect to show my love for my husband in ways that are important to him.

This is an easy trap to fall into. Our perspective on life is the one we know best and we have a tendency to forget there are other ways of looking at things. For couples this tendency can often lead to a lot of trouble.

So, how do we counteract this tendency? The easiest way may be to ask your partner what makes them feel loved.

Some people really feel connected when their spouse is encouraging or gives them compliments. Others, like me, really appreciate when their partner puts aside quality time for them. Some people feel special when they receive thoughtful gifts. Others appreciate when someone offers a helping hand with the chores, while others feel the need for a good dose of hugs and other physical affection.

We all appreciate being shown we're loved no matter what the fashion. Once we have figured out which form of affection our mate appreciates most we can continue to broaden our repertoire by always looking for new ways to show we care because a little more love is never a bad thing and growing in love is what marriage is all about.

About Jean

Jean is a marriage and couples counsellor whose approach in working with couples involves the development of techniques for solving current problems and achieving unending growth in relationships. Jean strives to assist couples of various backgrounds in learning to solve their own challenges because a couple that knows how to problem solve can keep their love—and their marriage—alive forever.

Jean also offers Catholic counselling to couples wishing to incorporate the Catholic faith into the counselling process, helping couples to develop a relationship pleasing to each other and God. Jean has a Master of Arts in Counselling from the Franciscan University of Steubenville and has trained in marriage and family therapy.

So, if you think that your relationship could use a little help-- or even a lot of help,--give Jean a call today and take that important first step in turning your marriage into a “happily ever after” story.

Where do you start?

Look no further.

1. **Go to www.jeanmackenzie.com and sign up for my free newsletter “Happily Ever After: A Guide to Healthy Relationships,” filled with helpful tips on how to nurture your relationship.** You will also receive the free report, **“10 Tips for Resolving Anger in Your Relationship.”**
2. **Call today for a free, no obligation, 20 minute phone consultation.** We will discuss your problems and together decide how I might be able to help you. I look forward to hearing from you.

Jean sees clients in her office in Fredericton, NB and offers telephone and online counselling. She can be reached at:

Phone: 506-461-7279

Email: jean@jeanmackenzie.com