

I Think I Still Love Him

by Leslie Kausch, M.Ed. LPC, Licensed Counselor



"I think I still love him, but it's just gotten so boring!"

If you have been with your spouse or partner for a long time, you may be able to relate to my client's comment. When we first fall in love, our brain chemistry works overtime to keep us feeling connected to our love. Over time, the chemistry stops being sufficient and we are left trying to make the DECISION to stay connected. Once the honeymoon is over, love becomes much more of an ACTION, instead of chemistry.

In order to stay connected to your sweetie, try these tips:

1. Don't forget you're still dating! Try to remind your sweetie that they are special in some of the ways you might have shared early in your relationship.
2. Find time to be together every week - getting groceries, walking the dog, sitting on a park bench. Come up with any excuse just to hang out for as long as you can manage. (If you're really pinched, one client of mine figured out she and her love could hang out on the floor of the laundry room undisturbed for a solid 15 minutes while the kids watched their favorite cartoon.)
3. When you talk about your partner when you're both out, be nice even if they sometimes give you a reason not to.
4. Learn to apologize! Make sure you say you're sorry (without adding ("but..." or being defensive), acknowledge why you're apologizing and maybe offer a suggestion for how you can make it right.
5. Treat your partner's stuff like your own. Resist the temptation to label your stuff as "stuff" and your partner's stuff as "junk."
6. Don't argue about everything that irritates you Choose your battles and take time to notice what is NOT irritating.
7. Practice saying these 4 phrases - I'm sorry. I was wrong. I need help. I don't know. Popularized in Louise Penny novels, these phrases can stop arguments before they begin and they help rebuild connection.

Once our body chemistry stops helping us FEEL "in love," we have to start ACTING in love. What decision will you make?

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