

3 Ways to Avoid Marriage Drift



HELPING
COUPLES WIN

**When one spouse has an issue – YOU both have an issue.
The best way to avoid marriage drift is by always improving
communication and adopting new skills that help you better engage
your spouse.
It starts by avoiding marital drift.**

So, what is marital drift?

It's when we isolate and find other points of connection outside of our marriage. For instance:

Do you feel apathetic when coming home from work?

Have you stopped appreciating the qualities that drew you to your spouse in the first place?

Are there unresolved issues, even anger, in your marriage?

Any of these could be a sign that there is marital drift.

Marital drift occurs when you stop making the daily decisions to move to the other and enjoy life together. When a couple no longer enjoys life and marriage,

- They blame each other as the source of the problem
- They close their heart
- They isolate from others
- They doubt their future and explore other options

What can you do to avoid marital drift?

Prioritize Time Together

It sounds easy, right? Well, you'd be surprised how often couples fail to make time for one another.

The magazine, Redbook, surveyed its readers and found that 45% of couples rarely go on dates. Further, only 18% said they go out around once a month! The number one reason date nights get canceled is that they are too tired to go out!

Making time for our spouse is important, even when we are tired. And remember, date night doesn't need to be a full-blown excursion and include a meal, dessert and a movie. Maybe it's an hour together at the park, or a quick work out together.

The priority is time together!

Choose Marital Satisfaction, Rather Than Expect It As An Outcome

As a couple, you decide your way into fun, you don't stumble into it. Life can be difficult, challenging and painful, but you've been blessed with a spouse to journey with you through it all.

The Scripture says, "Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun—all your meaningless days. For this is your lot in life and in your toilsome labor under the sun" (Ecclesiastes 9:9)

God did not give you your spouse to be the grind, He gave you your spouse to be a companion through the grind. You do not need to choose between life and spouse. Choose both!

Recognize The Importance of Marriage

Our children are a welcomed addition to the home, but not the center of it.

When you prioritize your marriage, you communicate its importance. The health of your marriage directly impacts the health of your children. When you've created a space that allows for your marriage to thrive, so will your children.

Communicate in love, resolve disagreements quickly, and allow your children to get a front row seat to your marriage. When you make it important, and you do the work to repair when rupture has occurred, the entire family benefits.

Get To Winning In Your Marriage

Improving communication and adopting new skills is possible and can make a world of difference. There is a way back from drift, disillusionment, and disconnection.

Want more help in your marriage?

Be sure to check out the video series *Helping Couples Win*. Using short videos and unique conversation starters, Pastor Ted Cunningham, has developed a series to **HELP** Couples Win! Utilizing humor and practical advice he shares from over two decades of experience. It includes session guides, unique conversation starters, and perspectives on marriage that will point you toward marital satisfaction, rather than marital drift!

Topics Included:

- The Joy of Enjoying Life Together
- How To Avoid Marital Drift
- Prioritizing YOUR Marriage
- Discovering Your Shared Sense of Humor
- The Six Levels of Communication
- Lifting Up Your Spouse
- Moving From Anger to Intimacy
- The Language of Sex
- Choosing Your Source of Life and Truth
- AND MANY MORE!

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