

How to Befriend Your Spouse



So many couples make the mistake of thinking that because they took the big step called “marriage”, are now living in the same house, sleeping in the same bed, and perhaps have a piece of conversation here and there, the preservation of the relationship will somehow take care of itself. Unfortunately, that is the furthest thing from the truth.

In fact, the truth is its very important for couples to be intentional about preserving as well as building upon the connection that brought them together in the first place. This means couples must use diverse methods to engage one another while also discussing ways to strategically invest in their relationship so that the relationship maintains a healthy dose of excitement and exploration which ultimately opens the door for each person to discover new things about themselves as well as about the other person.

Think about it. How wasteful is it to take the time to date someone. Grow in love with them. Get engaged. Plan a wedding ceremony. Take on a new last name. Move in together. Share the same bank account. Become a part of each others’ families. Start your own family...only to wake up one day and be overcome by a profound sense of boredom; or worst case, feel like you’ve made the biggest mistake of your life. And feel that way not because your spouse has done something so egregious; but feel that way because years have gone by and instead of you two purposely growing together, you allowed yourselves to grow apart.

It is very interesting that where our friendships are concerned we make it our business to be there for each other. We make it our business to talk regularly. We make it our business to have “girls night out” or “guys night out”. We make it our business to make certain our friends know how we feel about them. And why are we so attentive in our friendships? Because we typically want and plan for our friendships to last a lifetime.

Well, would it not make sense to develop a lasting friendship with your spouse, he/she whom you have vowed to spend the rest of your life with? Wouldn’t it make so much sense to take a long drive with a spouse you really, really like; or have breakfast with a spouse you truly value; or have a heart-to-heart about your fears with a spouse you know that you can trust with anything?

The idea that any individual should find himself married having to reluctantly indulge in one obligatory experience after another is absurd. Who ever said that spouses were limited to being just that—a spouse? Couples can and must do little things that will in effect go a long way in the development of a friendship that’s fun and can stand the test of time. Some suggestions are:

- engage in activities that strengthen your bond, i.e. playing games, walking, singing together
- share things that you know make you feel vulnerable, and state that before you share
- do kind and thoughtful things just because it’s what friends do
- find your silly self...and make your spouse laugh out loud...on purpose
- demonstrate genuine interest in and attachment to your spouse achieving their dream

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