

Get Rid of Distractions, Namely the Computer, TV and Video Games...

How many of your stolen moments have been hampered by the computer? Or the TV? How about video games?

How much of the time the two of you should be spending together is being spent apart?

Finding quiet time to spend with your spouse – away from the children and other cares of the world – is far too difficult. Don't waste the time you do have on silly distractions that don't offer anything in return. Instead, invest that time wisely. Spend quality time together. Talk over coffee. Cuddle up and nuzzle one another. Or, cuddle up and do a little more than nuzzle...

Too many couples fail to realize just how dangerous these "little" distractions can be. Maybe you've been telling yourself that those extra minutes (or hours) in front of the computer or TV are "no big deal." I hate to break it to you, but you're wrong.

Too Much Time Online...

All of those extra minutes and hours in front of the screen might be serving as a replacement for something that is missing in your relationship. Computers aren't just dangerous because of the temptations to sneak peeks at pornography. No matter how innocent your (or his) surfing may be, it should still be seen as a warning sign.

Your time together is supposed to be your time together, not time spent off in your own little worlds. If you'd rather be spending time online that time with your spouse, you need to figure out why. What are you trying to avoid? What is making you uncomfortable with your spouse? The two of you need to open up the lines of communication and identify what the underlying problem is.

Turn Off the Tube...

While sitting around as a family and watching TV or a movie every now and then is fine, it shouldn't be the only way that you guys spend time together. And there are two times that you should never have the

television on: dinner time and bedtime. As a matter of fact, if you're really dedicated to protecting your intimacy and communication you probably want to take that TV out of your bedroom. Your bedroom is a haven for love, intimacy and pleasure. It's hard to have any of these things when your eyes are glazed over, your jaw is hanging open and you're compulsively channel surfing.

Despite what you might have heard television isn't a form of recreation. It's a form of escape. If the television has begun to dominate your marriage, it's time to ask yourself (or your mate) what you're trying to escape from. Are you avoiding a much needed heart-to-heart? Are you evading intimacy? Even sex? Problems don't go away by ignoring them. In fact, they often get bigger. Avoiding your problems instead of addressing them isn't doing you or your marriage any favors!

The same applies to video games, but perhaps even more so. The only thing duller than sitting around watching a television show you don't even really like is sitting around watching someone else play a video game. So show (or show that you expect) a little more consideration. No one should have to compete with electronics for the attention of their lover.

If you've noticed that you and your spouse are spending more time engrossed in a machine than you are in each other you need to act, and you need to do it fast!

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

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