



# 11 STEPS TO RECOVER A LOST MARRIAGE



It is necessary that we exercise our capacity for adaptation. It is of no use to expect that everything remains the same as always. However, this does not mean that our reality always has to worsen. You can decide to learn from these changes and evolve. Therefore, it is possible to take steps that also make this new reality pleasant and happy.

Follow these steps if you wish to recover your marriage.

## **Spend time alone together**

This advice may seem very similar to the previous one, but it is not. Couples who already have children may have problems finding time to be alone. However, these moments are essential to rekindle the relationship. It is very important to be with the children, but there is also time for everything.

Sometimes it is necessary to call a babysitter or take the children to the grandparents' house and reserve a moment to invest in the couple's relationship. Thus, you can take advantage of this time to go for a walk or a romantic trip, visit places you haven't been to in a long time or simply enjoy being at home together.

## **Talk with your partner**

We are not talking about discussing bills or who will attend the school parents' meeting instead of you this time. We are talking about having a real conversation in which you talk about your dreams, plans, what you like to do and what bores you. This is because you surely did it during courtship, and maybe that is the reason why that stage was so enjoyable.

It is possible that you feel that you no longer know your husband or wife and it may be that you really do not know them. Remember that people change? So, dedicate time to have good conversations. Of course, it is also necessary to talk about behaviors that bother the other. But, watch out: it is a conversation and not a fight. Therefore, leave the accusations aside and try to reach a consensus if you want an answer to how to save your marriage.

## **Spend time together**

It seems that we are talking about obvious things (and they are), but unfortunately not all couples do it. Think about your courtship: back then, you talked a lot about what you liked to do.

After that, you did those things frequently. Is it still like that today? It may be that you no longer like to do the same things. And that's okay! Then, discover new hobbies together!

## **Have empathy**

If you have dreams, it's very likely that your husband or wife has them too. Therefore, pay attention to them and do your best to support your spouse in achieving them. It's important that they feel that you care and that you are really on their side. Have you thought that the answer to the question "How to save my marriage?" could be in the way you show that you care?

## **Make the most of each stage**

As we have said, life is not static. You have already been through the courtship phase and the honeymoon. Now you may have children. Perhaps your children are even getting married or moving out of the house. All these changes have a significant impact on the couple's relationship. It is necessary to discover together what to do to live the best of each stage!

Therefore, do not let the departure of the children affect the couple's relationship or that the arrival of a child cools the marriage. Seek to have balance in decisions.

## **Respect each other's space**

Married life is wonderful, but it is also true that you cannot spend all day together. Each person needs their space. Don't be suffocating, allow your husband or wife to have moments alone. This is very important for the relationship to be harmonious.

Respect their moments, and you will see that the return will be positive.



## **Lies**

Speaking of trust, if this is a habit between you, it is necessary that you stop telling each other lies. It doesn't matter if it's necessary to talk about an unpaid bill or about a betrayal. It can be a painful process, but if you want to save your marriage, it's important to lay everything on the table and seek to discover how you can overcome these issues.



## **Control your expenses**

We know that many couples go through crises because one of the individuals involved cannot control their expenses and ends up indebting the family. How about reading "Casais Inteligentes Enriquecem Juntos" to be on the same page? It's important that both know exactly what each one can spend and respect the decision that was made between them. Trust between spouses is fundamental.



## **Surprise Each Other**

This is also important. Giving a gift, taking your spouse to a different place, having a candlelit dinner... it all counts. Sometimes, routine can become tiring, and at that moment, it's important to innovate. Don't let shyness prevent you from trying new things. Let's get to work!



## **Help Each Other**

If you know you can help your husband or wife with something, don't hesitate to do it. Maybe she needs you to take care of the children so she can work for a few minutes. He, on the other hand, may need you to pay some bills at the bank on the busiest days. Therefore, never wait for things to become chaotic to show "service" to your partner. This way, you will demonstrate that you care about their tasks and everything that concerns your relationship.

## **Let's Praise Each Other!**

We are so quick to criticize, aren't we? How about dedicating more time to praising our partner? We are talking about praising without irony or ulterior motives. Praise their performance at work, their appearance, and their talents. You will see that you will end up receiving praises as well.