



Who Gets Your Best?

For those of you who are married, do you remember when you were dating? Maybe that wasn't so long ago, or maybe it was many years ago.

Do you recall how you worried about how you looked before a date? How you listened intently when your date spoke? How you used "please" and "thank you" as if you were at your Grandma's Thanksgiving dinner?

You might also remember how the happiness of your significant other was of primary importance to you. You probably recall that little displays of affection were commonplace; a kiss and a hug to say goodbye or hello, holding hands while taking a walk, and sitting close together while watching TV or a movie. Ahh, those were the days!

Well who says those days have to be a thing of the past? You probably find yourself still using thoughtful manners with business associates. Most of us find time for our friends. We probably show affection daily to our children.

How about in your marriage? Do you give your best to your spouse? Many times couples settle into a certain comfort level with each other and begin to neglect the things that made dating so wonderful! Sometimes we treat the person ringing up our groceries with more respect and consideration than the person we are supposed to love the most. Is it any wonder, then, when the spark begins to dim?

The best of both worlds is to be totally comfortable with each other AND maintain those things that made your relationship satisfying in its early stages.

Lovers and Best Friends, or Roommates?

Do you and your spouse relate as lovers and best friends, or have you gotten to the point of feeling like "We're nothing but roommates." If you are in that place, there is hope. If you want different results, take different actions! As the saying goes, "If you do what you've always done, you will get what you've always gotten."

The book [Empowering Couples; Building on Your Strengths](#) by David H. Olson and Amy K. Olson says that more people *behave themselves into new ways of thinking* than *think themselves into new ways of behaving*. Sometimes we believe that we must have the feeling first, before we act. But in fact, changing your actions will lead to a change in feelings.

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Application:

If you want to experience more love, joy and passion in your relationship, first look at what you'd like to be different. How are you treating your spouse, and how are you being treated? What change would make the biggest difference?

At the end of every day, ask yourself, "Did I give my spouse my best today? Did I treat him (or her) like the most important person in my life? Did I treat her (or him) like my best friend? Like the love of my life?"

If not, why not? It may be that you are in one of those difficult spots in your relationship that we all encounter at times. Admittedly, it is hard to be the first one to take a step in the right direction. It is easier to find fault. But, somebody always has to go first.

Begin giving your best to your spouse. The good that you put out will begin to return to you. You both deserve it.



About the Author: *Carrie Hoffman is a professionally trained Life Coach, specializing in helping couples build and maintain a strong marriage during their busiest parenting years. She provides coaching for couples and has spoken at numerous moms' groups in the Denver area. If you enjoyed this article, visit www.EmbraceLifeCoach.com to receive a FREE Special Report "How to Speak so Your Spouse Will Listen." You can also contact Carrie at Info@EmbraceLifeCoach.com or 303-916-7845 for a complimentary consultation if you are curious about relationship coaching.*

