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Doctor's Journal

Relationships & Marriage - Sweat the Small Stuff

What makes a marriage? The little things. The everyday things. That's why many marriages can't survive in this fast-paced, work-like-dogs-till-our-vacations world that many of us live in. In the world where cell phones get answered before 8am and after 5pm, folks don't make time for talks in the kitchen while they're preparing an evening meal and eating together. There are no after-dinner strolls. When work is brought home, when we are away from home many nights, or when the television is blaring, there is no space for reviewing our days, hanging out in the yard, reading in bed together, or pillow talk. In homes where work (or activity in general) has become the idol, practical jokes or dancing around the house to be silly don't occur to people, for there is very little levity when we live with such intensity. When the myth of "quality time" is in play, folks have no understanding that the majority of interesting and deep conversations occur as a byproduct of married folks just spending enough time together pattering around in the same physical space. Other things that happen with just plain *quantity* of time are the endearing or inviting looks, verbal compliments, and spontaneous hugs. I have never met a couple for whom formal dates or costly vacations (even if frequent) could make up for the lack of little, everyday things mentioned above. These are the things that make memories, keep romance alive, and eventually, add up to a life together. Don't miss out!