

5 Tips for Men to Keep Magic Alive in Your Marriage



By Mike & Valerie Stewart

Men Talk To Your Woman

Tip 1

She doesn't want you to fix it

When your wife has a bad day she just needs to vent, she needs your full attention. Give her a hug and ask her what she needs. Don't try to fix her or the situation, just listen hug and support her.





Tip 2

Talk about the times you were dating or engaged

What did you do? Where did you go? What made it special? What were your dreams and goals for your marriage? Your future? Recall those dreams or make new ones. What were your common interests? What changed? Take a class or course and learn something new together and share your experience with each other.

Sit down at the beginning of the month and plan one date night a week and a one-day trip a month where the two of you can be alone together. Avoid talking about work, bills, or other stressful topics stay focused on having fun and doing fun activities. Plan to visit places you went when you were dating, feel what it was like to be alone and in love.





Tip 3

Be vulnerable

We want to know you are human and make mistakes too. Confide in her share what's really going on, she wants to support you. When you try to solve your problem she feels like she is not needed. By opening up you release the stress and allow yourself to be open to other ways to solve your problem.





Tip 4

Say thank you for the things she does

Praise her for the things she does like keeping up the home, taking care of the kids. Let her know how much you appreciate all she does to make your house a home. When you come home avoid asking what did you do today, instead ask how was your day?





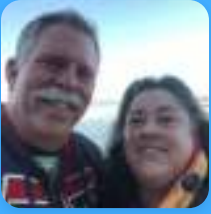
Tip 5

Make a new plan for your future together

Set aside time to brainstorm and create a new vision for your marriage going forward, talk about how it will feel. Read that vision every day to stay focused on the future you are creating. What you focus on expands.

Print out the new vision and ask another couple to support you at staying to the new plan you created.





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