

A MESSAGE FROM Rosario Counseling & Associates, PLLC

## Keeping Your Marriage Strong

There are a few times a year when your marriage usually takes top priority:

*Your Anniversary and Valentine's Day.*



These events are meant to put your relationship in the forefront of your mind and celebrate that love with your spouse, while this is welcomed and appreciated, many couples find a big discrepancy between the level of intimacy and connectedness felt on these special occasions versus how their marriage functions the rest of the year.

Unfortunately, we often times can get caught up in the daily routine of simply living and forget to nurture our most important earthly relationship.

Sometimes, our marriages simply go unnoticed. We begin to take it for granted and lose the desire to enhance or deepen our relationship. This stagnation can breed resentment, bitterness, and apathy.

Making a marriage not just work but thrive takes consistent effort. Here are some small, practical tips that might help your marriage get back on track.

### Quality Time

Set aside time weekly for just you and your spouse. It might mean [spending time together](#) after the kids have gone to bed, or making a designated "[date night](#)" on the weekends. Use this as an opportunity to date your spouse develop new hobbies together, or rediscover why you fell in love in the first place.

### Communicate

Don't let petty [disagreements](#) build into larger resentments. Be direct about how you are feeling and work together to find a [resolution](#). Remember that you are both working towards the same goal- to make your marriage as strong as possible.

### Remember the small things

Showing love and appreciation to your spouse doesn't have to mean a big, expensive gesture. [Small considerations](#) like leaving a love note, sending a sweet text message during the



[FOLLOW ME](#)



[SEND A TWEET](#)



[CONTACT ME](#)



[VISIT OUR WEBSITE](#)



If you and your spouse are struggling to get your *marriage* back on track, our therapists can help.

Please contact our office at  
**(919) 649-5882**  
to set an appointment.



Sara Bukowski MA.,LPCA

**Rosario Counseling & Associates**  
809 Spring Forest Road  
Suite 1000  
Raleigh, NC 27609

Located inside the  
Synergy Building  
Adjacent to Jason's Deli

day, or even bringing them coffee in bed can go a long way towards showing your spouse how special they are.

(919) 649-5882  
(919) 521-8175 Fax

[www.rosariocounseling.com](http://www.rosariocounseling.com)

## **Be Supportive**

You need to be your spouse's biggest [cheerleader](#). As tempting as it might be to complain to your friends about your husband or wife, try to only speak positively about them to others. If needed, find a trusted advisor like a counselor or pastor that can help you walk through the difficult times.

Your spouse will feel more loved when they know you respect them enough to not badmouth them to others.