



Dr. Tracy's Counseling Services

20 years of experience

Q: How do we get the passion back in our marriage?

A: A marriage can go bad if a couple takes each other for granted and becomes complacent. Many couples fall out of love and do not realize that they need to take action to save their marriage. This is a phase that many couples go through, and does not have to mean divorce. There are ways to bring back the passion in your relationship. The first thing that couples should do is sit down and seriously talk about the relationship. You have to communicate together in order to figure out what you can do to put your marriage back on track. Listen to what your spouse has to say and take it seriously. You both should be willing to work things out to make your marriage exciting and full of life again. Plan a romantic vacation or getaway so that you can spend time together without distraction.

Always talk at the end of the day. Life is full of many conflicting demands, especially if you have children. You and your spouse may find each other not talking or spending time with each other. To bring back the passion in your marriage you both need to make time for each other. Updating each other or discussing everyday happenings is one of the best ways to bring back the passion in a marriage.

Love should be coupled with action. Calling your wife when you have free time in the day will make her smile. Send an "I love you" email for no reason. Daily acts of kindness can strengthen your marriage and bring back the passion. Set aside time to have a weekly date night. For us to have strong feelings or emotions about our spouse, they need to be the focus of our life...our life's passion. As we allow passion to live in our marriage, our daily interactions, as well as, our intimate moments will be more full and alive.

Specializing in the treatment of:

**Anxiety and Depression ~ Addictions
Trauma and Grief ~ General Coping Issues
State of Iowa approved DUI Assessor
Parenting a Special Needs Child
Women's Issues ~ Workplace Stress**

EVENING APPOINTMENTS AVAILABLE
Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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