



September (Deadline: Friday 4 July, along with Couples' Corner)

Q2: My husband travels so much for work that when he is home he's too tired to be intimate with me. With the demands of my job and raising two pre-teen children, I'm often too tired as well. I'm worried we are growing apart as a couple. Recently, I reserved a nice hotel room for us for a weekend alone, but he just complained that it reminded him of being on the road. Then I sent the children to stay with friends, but he spent all his time watching sport on TV and making excuses. I love him, but I'm about to give up – what else can I try?

Unfortunately, it would seem that your husband sees your home and the weekends as a place and time to simply chill out and recover from the pressure of his work and not a place and time to renew your relationship. This is a pretty typical situation that can occur when a man travels a lot or has a job that drains him. However, I sympathise very much with you for you are trying to make an effort to reclaim the intimacy of your relationship and it doesn't sound that he is too bothered to make any effort himself. Maybe he doesn't feel the need! I suggest you book a restaurant, take him to dinner and explain in simple but straight words that you love him and you want a full relationship. If sex doesn't seem to be high on his agenda at the moment then suggest you spend some time doing something together that you both enjoy and at least have some fun together. If this doesn't work then YOU find something that you enjoy and spend more time doing that – make your own fun and happiness. You could join a club or go out with friends at least once a week – you can do this when he is away, and you will be surprised how you will find the energy for this if its something you enjoy. If you have a more fulfilled and enjoyable week you will be able to ride through his lack of interest and, you never know, by changing yourself from a needy person to a fulfilled and independently happy person the energy dynamic of your relationship will change and then anything can happen. Good luck – oh yes and your final last ditch attempt could be to buy him a packet of Viagra!
Love and blessings Anne

Couples Corner for September 2008

Making each other happy

Following on from this month's You Had to Ask question I thought I would expand on the art of happiness! I have discovered that it's well nigh impossible for me to make another person happy or for someone to make me happy. Its perfectly possible to give love, to care for someone, to try to please them but there is only one person that can make you happy and that is yourself. There are too many issues and aspects that come into play in creating happiness for one person to take on that responsibility for another. Apart from anything else will make you vulnerable to hand the responsibility of happiness to another person – it puts far too much power in their hands. One harsh word, one forgotten birthday, deciding that they do not want to join you for any outing of your choice, one thoughtless comment and you could be cast down into misery. If on the other hand you decide to take the responsibility onto yourself then you can please yourself what you do to please you. I don't mean that you become selfish but that you make your choices with your own interest at heart as well as your family and partner. You can pick a meal that you like from time to time, you can take yourself off out to join a club or association where you can share common interests, sports or pastimes with other people. You can get headphones and listen to your favourite music and radio programs instead of always taking what the rest of the family or your partner wants. Ironically I have found that once you follow this path of self-reliability you will also gain far more respect from those around you. You most certainly will feel more respect for yourself! And that can definitely make you happy.
Love and blessings Anne