

# ◆ Choices ◆

## *Quality Time Together...*

March 2010

The single biggest contributor to the breakdown in relationships today is the fact that **couples aren't spending enough time together**. They aren't making their relationships a number one priority. The relationship gets put on the back burner. People who don't prioritize their relationships often end up fighting during the little time they do have together. They argue about day to day issues like unpaid bills, untidy houses and unruly children. But the truth is, arguing about "who's doing what around the house," is really just a symptom of the deeper problem - isolation, loneliness and resentment. You argue about the mundane issues when your emotional needs aren't being met.

If you and your partner are arguing a lot, you don't feel like spending time together. In fact, you want to spend as little time as possible with him or her. Unfortunately, avoidance only makes matters worse. More distance, more tension, less cooperation, more conflict, and so on. Some couples who don't prioritize their relationships don't argue when they're together. They simply have little to do with each other. They resign themselves to the distance and experience bouts of resentment from time to time. Leading parallel but separate lives, they start to fall out of love with each other or become strangers. "I just don't love him anymore," she says. Or, "We've just grown apart," says he. **Distance in relationships is love's silent killer.**

But there's good news in all of this. Time together can be the great healer. Even if it's awkward at first, when two people commit to investing energy and time to their love life, only good things can come from it. When people put their relationships first, they feel appreciated and important. They feel loved. Spending time with your partner tells him or her in no uncertain terms, "You matter to me."

Time together gives people opportunities to collect new memories, do activities they enjoy, to laugh at each other's jokes, to renew their love. You don't have to spend enormous amounts of time together to create closeness and connection. Regular, and brief get-togethers work too. Sometimes people think that nothing short of a total revamping of their lives would be necessary to find time together. Small changes in your schedule can make a huge difference. You need to plan and schedule dates together. You, your partner and your relationship are worth it!!

*Love in the past is only a memory...  
Love in the future is a fantasy...  
Only here and now can we truly love...*



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