

HOW TO BECOME A BORING SPOUSE

D. Charles Williams, Ph.D.

Remember how exciting life was when you first met your future spouse? The spark between you created an invigorating energy that made you want to talk for hours. You had never met someone so interesting and who also brought out the best in you as well. Weren't the creative urges that compelled you to try new and different experiences, get out of your comfort zone, and stay up half the night just to be around each other, memories you will never forget?

Sadly, however, approximately one-third of all couples married over 15 years or so report their relationship has lost momentum. They describe it as "co-existent," like "living with a roommate," or as "two ships passing in the night." In other words, it's boring!

Here are some sure-fire ways to guarantee you too can become a "boring spouse."

- Get into a routine. Do the same things over and over again. Avoid variety.
- Watch TV, videos, and DVDs, nightly as your preferred means of entertainment.
- Work long hours and bring it home with you at night and on the weekends.
- Make your family totally child-focused to the detriment of any couple time.
- Give time to your relationship only after everything else has been done.
- Do not date regularly. Save "time together" for when you go on vacation.
- Put off getting that gift for him or her until the last minute.
- Only have sex when it is convenient, spontaneous and you are not tired.
- Do the thoughtful "little things" only when it is a special occasion.
- Don't do things that your spouse wants to do if they don't interest you.
- Insist that things be done your way because you are often right.
- Keep your thoughts and feelings to yourself. Only speak if it is profound.
- Take a job that has you traveling more than 50% of the time.
- Define your success by your salary, status and possessions.

Becoming a boring spouse does not occur over night. It takes practice and focusing our attention elsewhere. You too, however, can excel at "co-existence" if you consistently execute the activities listed above. For additional pointers go to: www.imabore.com

D. Charles Williams, Ph.D. is a Licensed Psychologist, Licensed Marriage & Family Therapist, AAMFT Approved Supervisor and Executive Coach based in Athens, Georgia. Dr. D. Charles Williams specializes in men's issues, premarital & marital counseling, depression, adolescents (16+), addiction & recovery, spiritual issues, management coaching for success and workplace issues. He completed his undergraduate training in psychology at Clemson University and graduated with a Ph.D. in counseling from the University of Florida. Dr Williams began his career as an Assistant Director of the North Florida Evaluation and Treatment Center, and later the Director of the Adult and Older Adult Clinics at the Central Florida Community Mental Health Center in Gainesville, Florida. He received three years of post-graduate supervision and training from the Director of Training at the Philadelphia Child Guidance Clinic in marriage and family therapy. After moving his private practice with Family Counseling Associates from Gainesville, Florida to Atlanta, Georgia, he joined the Atlanta Network for Individual and Family Therapy. He also provided business consulting for RHR International as a Consulting Psychologist in Atlanta providing coaching to executives and managers in Fortune 1000 companies. Dr. Williams is the author of *The Eight Toughest Problems Parents Face and How to Handle Them*; *Forever A Father, Always A Son: Discovering the Difference a Dad Can Make*, as well as many articles on marriage counseling. Dr. Williams' Athens Psychologist office is located at 1751 South Lumpkin Street Athens, Georgia 30606. Phone: (706) 543-5552. Fax: (706) 354-8904. Email: DrWilliamsCoach@aol.com. Or visit www.DrWilliamsCoach.com