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Help! My Husband's Buddies Are Butting Into My Marriage

By Keishia Lee-Louis

Ask the Marriage Maven: Help! My Husband's Buddies are Butting into My Marriage

Q. My husband always wants to hang out with his "boys". He used to hang out with them a lot before we got married, and I thought that after we got married things would change and that he'd want to spend more time with me. Wrong!

It would be different if they did something productive, but all they do is sit around watching TV, playing video games, and listening to music. None of them have wives or serious girlfriends, except my husband— so I know they talk about other women, too.

We've only been married a year, and I already feel like we're slipping into an old married couple relationship. A lot of fussing—and not much good communication. I'm afraid we won't make it past year two. What can I do to make him want to spend more time with me?

J. N.

A. It is important that you and your husband spend a good amount of time together, especially as you guys are still learning what marriage is all about. But breaking up the boys club could be disastrous to your marriage. So I would not recommend telling your husband to cut his friends off completely, unless they are encouraging him to be unfaithful to you or contributing to addictive behaviors.

I know it can be annoying if your husband seems like he'd rather spend time with his buddies instead of you, but you'll need to give him some rope. Whatever you do, don't nag him about his time with his friends and let it be a constant source of bickering. Be clear that you want to spend more time with him, but let your actions be positive.

Here are three positive actions you can take:

1. Encourage the boys to meet in your house. Make his friends feel welcome in your home, make snacks (if you like to cook), and give them room to do their thing.

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2. Suggest regular dates with your husband. Fill his social calendar at least once or twice a week with a planned activity that you two can share together. These dates don't have to be expensive or overly involved. They can be as simple as a walk in the park or coffee at you local coffee shop. You can initiate until he feels the need to do more of the planning.

3. Another solution would be to set his friends up. I know that it's a little sneaky and risky, but it can work. If they're just two or three of them, have monthly mixers (or get-togethers) in your home with them and some of your single girlfriends. Who knows, they may hit it off, thereby freeing up some of your husband's time.

A combination of these three suggestions, will probably work best. They'll broaden your social life and deepen your relationship with each other. I hope these ideas have been helpful. I'm wishing you all the best in your marriage!

Keishia Lee–Louis is the Editor and Publisher of

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Her work has appeared

on iVillage.com, BibleResourceCenter.com, and in numerous other printed publications. Currently, she lives with her husband, daughter and son in metro Atlanta and is writing a book on marriage and relationships, which will be published Spring 2006.

The Basics Of Marriage Counseling

By Stephen Kreutzer

Almost half of all marriages end in divorce. That is why there is an increase in couples seeking marriage counseling. Nobody wants to think that the marriage they are in will end. Marriage counseling offers a way for couples to work thorough problems with an outside influence. Marriage counseling can help couples to rebuild a marriage that was on the way to divorce.

Marriage counseling is a type of therapy that helps married couples resolve problems they may be having in their marriage. Most often counseling is conducted with both partners present. However, sometimes there will be individual sessions depending on the couples needs. The basis for marriage counseling is research that has shown problems in a marriage are best solved through communication and working together. Marriage counseling usually lasts a short period of time, until the problems are resolved and the marriage is back on track and the couple can handle problems on their own. In a session the counselor will ask questions, listen and analyze problems. The counseling usually starts with an analysis of the marriage and its problems. Then the problems are worked through to an amicable conclusion.

Marriage counselors are trained in psychotherapy. They also have an understanding about families,

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how to understand client's needs and problems. They also have training that allows them to help clients work through the problems to reach conclusions. All of this training lets them be able to identify underlying problems. A good marriage counselor will not make a client feel guilty or blame. They will teach clients to work through problems and get over bad feelings.

Marriage counseling can help couples open the lines of communication. Communication has been shown to be the key to a healthy and happy relationship. Couples with problems seek marriage counseling to get a better understanding of what has went wrong in their marriage, so they can once again have a string marriage.

Stephen Kreutzer is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides information on marriage counseling at CyberTopics!

<http://www.cybertopics.com>



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