**Love:**

**(How to Show Love to your Spouse)**

By Taylor Baker

Think back to your wedding day: your stomach churning and heart thumping like a caged bird trying frantically to escape. Your mother crying, friends smiling and people you hardly know all melt together into a dizzy blur. And that moment your breath is tugged from your lips as you see them standing, the love of your life. Looking deep in their eyes, you make a vow to have and to hold, through better or worse, to love this person to the end of time. It’s easy to get caught up in the nostalgia of romantic times such as that, but it can be difficult to put that same romance in your daily relationship. But how through busy days of work, school, social events and kids is it possible to inject that bit of romance into you daily schedule? Well it’s not as hard as you may think.

**The little things matter:**

When I first met my husband I was only eighteen years old, so naturally I was a self-proclaimed expert about love, relationships, and the complex ways of the world. So if one of my friends would have asked me “Oh I love my boyfriend so much, how do I know if he really loves me too?” I would have smiled, and smugly replied “Well, when a guy REALLY loves a girl, he will shower her with gifts, poems, and undying expressions of his gratitude and true love.” Turns out, my teenage-self was pretty wrong. It’s not the giant, sweeping gestures that declare love, it’s the little things every day that says “hey, I love you and want to make your life a little easier.” It may be something like your husband doing the dishes for you because you just need to sit down. Or your wife makes your favorite meal because you’ve had a hard day at work. I can’t even express how in so many relationships these small things go unnoticed and under appreciated. If they go unnoticed, soon these sweet gestures become routine, so when they inevitably run dry, fights will ensue. If your spouse takes out the trash without being asked, your response shouldn’t sound like “Well it’s about time you finally decided to pitch in around here.” But rather “Thank you for taking out the trash, I need all t he extra hands I can get.” This response not only is more respectful, but because your spouse was met with praise and love, they are more likely to continue these gestures. A thousand little acts are far grander then one large motion.

**Take interest in their interests:**

One of the best parts about being married is being able to share everything that is important and special to you with someone else. So it can be pretty upsetting to discover that your spouse is not interested in any of the things you are passionate about. I’m not saying it is bad to enjoy different things, in fact that can make the relationship far my intriguing. But nothing bonds a couple better then a mutual obsession over the same strange hobbies. A lot of times, this means getting rid of any preconceptions and going outside of your comfort zone. Does your spouse love basketball? Well try watching some games with them and really attempt to understand the game. Even if you never get to the point where you are a crazed fanatic, your spouse will recognize and appreciate the effort you are making. The most important thing is to never belittle or demean something your spouse is passionate about. Even if you think it is a pointless pass time, it’s not up to you to decide what your spouse can and can’t enjoy.

**Support their dreams:**

There is nothing more soul shattering in this world then the words “You can’t do it.” Especially if those words are coming from someone you love. Not supporting your spouse’s dreams is one of the biggest ways you are telling them “You are not good enough”. As their spouse, you need to be that person’s biggest fan, no matter what. Putting your spouse down with phrases such as “No, you are going to fail” or “I told you so,” are some of the most destructive sentences I have ever witnessed. Marriage is about learning and growing together, and it will never succeed if one person is always tearing the other one down. I can’t think of many successful people who say, “I got to where I am today, no thanks to my spouse.”

**Never stop trying:**

Like with anything worth having in this world, marriage takes a lot of work, sacrifice, and patience. There will be days of sunshine and days of rain. You’ll laugh, cry, fight, and fall in love all over again. And that’s really the whole point. You are in love. And you want that person to feel that love every single day. They say that love is never easy and only for the strong, but I don’t believe that. Marriage is hard; I’ll give you that. But loving someone is the easiest thing you’ll ever do.