Ask an Expert: How to Combat 13 Barriers to Relationship Fun

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Boring, drab, lifeless, stale, dull, tedious. These are probably not the words you hope to use to describe your relationships. How about well planned, frugal, precise, productive, serious, busy? Though these can be characteristics of a strong, healthy relationship, they are not likely those things that make a relationship seem appealing. What made your relationship so attractive in the beginning? What is it about your partner that made you want to be with him or her?

In the beginning, no matter what the “spark” in your relationship was, it was so enjoyable you that both wanted to continue being together. Have your blissful days of being in love continued? Unfortunately strong, healthy, long-lasting marriages don’t just happen. We have to be intentional about our marriages, and research tells us that playing together helps us connect and feel more positive toward each other. Keeping the spark alive can be the most enjoyable work you and your partner will ever do. Make time to play and have fun; it is good for you and your relationship.

Now that you have considered some of the barriers to play in your relationship, take action and make a plan to do something fun!

Based on ideas from The Power of Play in Relationships Manual (Braff & Schwarz, 2004) and Your Time Starved Marriage (Parrott & Parrott, 2006).

For additional ideas, see the fact sheet.

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