

Hi guys, Irina Baechle here- a licensed relationship therapist from IrinaBaechleCounselingLLC.com and for today's video I have prepared to talk about something that might sound a bit crazy for some of you, but I think it's a really good advice and, obviously coming from me such a humble person I am, but I think that understanding why I'm going to give this advice will also help you build a better relationship and a more interesting meaning and purposeful marriage.

So, stay tuned to understand, to learn about why I think that doing this one thing might help tremendously your marriage. So, what is this mysterious one weird thing that I'm supposedly wanting to be talking about.

So, what I want to discuss is this importance to treat your partner, to treat your husband or wife in a way that you would treat your affair partner, what? Did you just say affair partner? Yes, I did. So, I'm saying this because a lot of times couples where their affair is infidelity, partner who had an affair they are not chronic cheaters they have been devoted and faithful and committed to the marriage and to the relationship for decades, and then something happens, a split happens and they cross the fine line and pursue their infidelity which obviously leads to an array of different things, but why do they do that? Do they want to do that? Why would they put everything at stake to just the experience this one experience a person or thing that they don't even know about and how come is it all worth it.

Because there comes a time in many people where a split happens and when the split happens, there is a part of use that wants and longs that security and safety and stability and good marriage and known and familiar and all that good stuff, that makes us get married and pursue long term relationships and go the relationships and all that.

But there's also another big part of us that likes novelty, that likes variety, that likes fun and adventure, an unknown.

And so when both of those things are fulfilled in a marriage, in committed relationship between 2 people then you are good but a lot of times what happens is that while one part is fulfilled the other part is missing. So then the infidelity happens there then the affair happens and again this is a very... obviously affairs and infidelity is a very serious that infidelity is a very multilayered complicated question and really dumping it down and I am really just simplifying things not dumping it down for stupid people but dumping... talking about it in a very simplistic, over simplistic way to make a point.

And so, what can you do make sure that this other part of yourself or this other part in your partner's body or mind whatever it is that gets fulfilled.

So you need to make sure that the reason of normality and variety in your relationships, you need to make sure that there is enough fun in your relationships.

Life is tough, life is busy. We are so overcommitted nowadays with meal and stupid things that we think will make us happy or we think will make us more productive or more efficient and it's not really true.

So, we need to make sure we dedicate enough time to take that weekend get away without where... partner where we are uninterrupted and we can enjoy each other and we can have a conversation, we can have sex, we can have fun and the dog is going to be okay, and the kids going to be okay, if anything dogs and kids will enjoy and you will fresh, personality that you are going to bring when you come back because you are rested and you are refreshed and you are recharged.

So, make sure that you have that variety and that fun and that adventure in your relationships. talk about it with your partner if you are not sure, ask your partner whether he or she feels that that's something is missing

and make a plan putting on your calendars and stick to the plan, okay. Hope this was helpful, thank you always for watching I hope to see you guys soon.