

The Marriage Playbook™
How to Play In a Marriage Super Bowl?
~Episode 1-Back to Basics
By Ace McKay



The opposite of love is not hate, its indifference.
-Elie Wiesel

You may have heard a friend refer to their favorite team and anyone who plays their rival. IE, “I love the Red Sox and anyone who plays the Yankees.” It’s been a bumper sticker for years. This statement is usually coupled with a deep feeling of hatred or loathing. The truth is we care so little for the other team. When it comes to our marriage, the same principal applies. You may see your relationship with your spouse as a good marriage or a bad one. If it’s going bad, then you are more likely to be indifferent to your spouse than to honestly say you hate them. The above quote from Wiesel has one positive characteristic and that to be indifference toward your spouse can be turned around to love again.



Indifference is to show a lack of interest or concern for something. The longer you stay married the easier it can become to fall into an indifference attitude toward your relationship. You know those moments I’m talking about. It’s when you realize that over time, you’ve said to yourself or maybe to your spouse, “I don’t love you any more.” It might not even be that extreme. It could just be that you don’t feel as close as you once did. When you are indifferent toward your spouse, you are at the beginning stage of a slow fade. Much like a frog that adapts to a frying pan slowing warming up, we adapt to the condition of our marriage. Then one day, we wake up and our marriage is in crisis mode. In the same way we fade away from each other, we may also find that it’s a slow fade back to one another. You can make drastic steps that make leaps and bounds in the positive direction, but it’s by taking one day at a time. Unfortunately it takes more than love to get us through those moments of indifference.

Marriage is open communication done out of love. By choosing to love your spouse today, your actions of the whole day are out of love for them.

Communication, especially in marriage, is just as much about the unspoken as it is the spoken. When you chose not to open up to your spouse about your life then you are choosing an action that doesn't show love. We have to talk about our past, our current fears and goals and what makes us happiest. The sooner we stop assuming our spouse will know what we want from them the sooner the start of communication begins. We have to tell them and they have to tell us. Communication goes both ways, you talk but you also have to listen.

Now don't get me wrong, this does not mean you have to talk all the time. Matter of fact, my wife and I have come to enjoy being able to just sit and NOT talk. It's moments of silence together that can still be a form of communication. You can use those silent moments to hold hands, rub his/her back or snuggle.

Getting into the habit of better communication with your spouse, you can back them up with tone and actions. It's often been said that it's not what you say, but how you say it. A tone of voice and the actions behind them are things we have to be aware of when talking to our spouse. If my wife is telling me something that's important, I have to show her respect and pause the movie, TIVO or checking email to truly hear her. Those moments build our relationship by investing into what the other one is saying.

This one point can be your biggest strength in your marriage, but it's very hard for most people. It needs to be your biggest strength actually. Below are some action points to get you started. The first move to make toward a good marriage is by taking 'baby steps' away from being indifferent.

Next time, we will talk about the 3 types of crisis. We'll lift the veil on how they affect your marriage and ways that can help you through them with your marriage intact.

For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.-Jeremiah 29:11

Action Scrimmage for the week:

- Think of one thing you did when you were dating your spouse that they loved and do that this week.
- Open up to your mate about what you miss about your relationship and what you feel is strong.
- Find ways to get into a habit of working toward making those a priority. I suggest the book the “Love Dare” by Alex & Stephen Kendrick. This will give you a daily action point to reach out to your spouse in love and compassion.