

My Husband Doesn't Love Me - 5 Things You Can Do About It

Posted by Kurt Smith, LMFT, LPCC, AFC on Wed, Apr 28, 2010

If you're feeling that your husband doesn't love you anymore, you may be right. A lot of husbands, and wives, are not "in love" with their partners. However, most men have told me that this doesn't mean they don't love their wives, they're just not "in love" with them. A husband told me last week in my counseling with that he loves his wife "as a mom, but not as a wife."

So what can you do to get your husband to love you again? Here are a few suggestions.

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1. **UNCONDITIONAL** Make your love of your husband unconditional. Don't make it dependent upon his loving you. When most of us feel unloved, it makes us resentful and angry. This can have the negative affect of making us less attractive, which contributes to our partners loving us even less. It also causes us to make our loving our partners conditional on them loving us first. (Note-Unconditional love doesn't mean accepting abuse. If your partner is emotionally, verbally, or physically abusive, set limits on accepting this behavior while you love him)
2. **RESPECT** This is a core need for men. When men don't feel respected, they don't feel loved. Like all of us, when we don't feel loved by someone, it's harder for us to them love back. Look for ways that you can show your husband respect. Such as asking for his input on a decision, including him in what's going on with the kids, or letting him handle things he's good at.
3. **PRAISE** Praise and validation are one of the **key reasons for men having affairs and falling in love with someone else**. This is something that without conscious effort can disappear from marriages over time. **Then another woman comes along and starts to offer it and...** (well you know the rest of the story). Think back on when you first were dating and how you showered your husband with praise. Get back to doing this again.
4. **DISCOVER** Discover what you can change about yourself. **Get help seeing the sides of you that he sees, but you can't**, and find out how you can make yourself more lovable. A marriage counselor is an excellent, objective expert to help you with this, especially a marriage

counselor who knows men. This doesn't have to mean losing weight or changing your hair, but rather changing how you interact with him, respond to him, speak to him.

5. **PATIENCE** Most partners don't fall out of love over night, it happens slowly over time. Falling back in love happens the same way. So **be sure to give it some time for the love to come back.**

I hear from a lot of women who really struggle when they read these suggestions. They feel so unloved by their husbands that my recommending they love him when he doesn't love them seems wrong and impossible. And I totally understand how they feel, but **if you're feeling "my husband doesn't love me anymore" then you've got 2 choices: accept that he doesn't love you or do something to change it.**

I'm not recommending that you do these 5 things forever without receiving any love from your husband in return. I'm just recommending that you be the first to start putting love back in your marriage (if you feel you already do this, then just try to do it a little bit better). Give it a try for 90 days and see what happens. What have you got to lose?

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