

## **Are you feeling alone in your marriage?**

Loneliness has become an increasing problem in our relationships today. In fact, if you are living in a marriage without receiving love or being able to express heartfelt thoughts and feelings, you struggle to have a meaningful relationship. Heartache and loneliness results from disappointment of not having your dreams fulfilled by the most important people in your life. Everyone yearns and desires in a relationship: to be loved, accepted, respected, and appreciated by another person. However, when you don't receive those desires your dreams can be crushed. It would be natural to dream of having these basic human desires met by your mate, but disappointing to have those dreams crushed because your mate is incapable of fulfilling them.

Signs of affection such as tender hugs, kisses, and touches are all outward expressions of inward emotions. Unfortunately, a life without emotion creates relationships without affection. The unemotional mate lacks the ability to give affection because they do not have the emotion to give and there is not an understanding why affection is important to make a person feel loved. The lack of affection from an unemotional mate inevitably creates distance within the relationship, eroding the emotional union and destroying any potential for emotional growth as a couple. Additionally, lack of affection has long-lasting devastating effects on the emotional well-being of current family members and those in future generations. Being in a relationship without emotion and affection is a lonely and agonizing way to live. Meaningful relationships are based on foundational needs such as being loved, accepted, respected, and appreciated. How you express those needs to one another will greatly influence the success or destruction of the relationship.

The question is not, how you change your mate, the question is, why are you allowing yourself to be so lonely in your relationship. I am NOT advocating divorce, just the opposite, I want you to learn about your own value and stand up for what you need in a radical way. People that exist in a lonely relationship typically were raised in lonely or unaffectionate homes. As a consequence you are conditioned to living with the same thing. Your job now is to work on your own issues to become aware of why you have allowed yourself to live this way and how to recognize your own value (similar to your value before marriage), and lastly, how you should radically change to so your spouse becomes aware of your value. Seek professional counseling with a counselor that has experience dealing with identifying issues regarding lack of love from childhood and in marriage. And how to literally transform your heart from lack to love. *Excerpts from Craig's book, When Your Mate Has Emotionally Checked Out.*

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