

## How to Maintain the Relationship between Couples in a Busy Life

A happy marriage would not come naturally. Nowadays, more and more people are getting divorced, and the divorce rate has gradually caught up with the marriage rate. Two persons will get married only when they love each other. When they get married, no one will plan to get divorced. So, why do so many people choose to divorce? That's because they don't know how to continue to cultivate their relationship in marriage. Especially in the busy Hong Kong, people are more likely to ignore cultivating and maintaining the relationship between husband and wife after marriage.

How can you maintain the relationship between couples in a busy life? I suggest two tips.

### 1. Communication leads to affection

A couple is busy all the time to maintain their family. But what is the most important thing in a family? Is it daily living? Or is it personal affection? In a family without affection, the couple just live together, not sharing their warmth.

How can you maintain a relationship? First, there must be communication. Lack of communication will make people unable to get along, and being unable to get along is the main reason for divorce.

When people are busy, they have no time to communicate. But whether there is time is a question of values. No matter how busy we are, we will find time to do what we think is important. If you are so busy with life that you don't even have time to communicate, isn't that putting the cart before the horse? Sacrificing communication between a couple for life is not worth it, because your spouse is the most important and beloved person in your life.

### 2. Plan your dating time in advance

Affection takes time to cultivate, and it takes space and time for both of you. Being together does not mean communication. We can sleep together, but there is no intimacy, and watch TV together, but no communication.

Couples need time for their own world, and in this regard, both quality and quantity should be emphasized. It is not just about special days to cultivate a relationship, but also about getting along on a daily basis. But it also needs to be of quality, otherwise there will be no spark.

In a busy life, especially when you have to take care of children, dating time needs to be

planned in advance; if you don't plan, you won't have it.

I will plan a week every year for my family to go on vacation together. During the vacation, I will do things that I don't normally do to give everyone some cozy memories. When the children are asleep, I will start a special date with my wife.

I will arrange a date time with my wife every week. Sometimes we play ball together, sometimes we care about some people together, and sometimes we deal with things that everyone is concerned about recently. Occasionally, I will also arrange for someone to help take care of our children, so that the two of us can enjoy our own world of two.

Every couple has a different schedule and lifestyle, so you need to have your own plan. Remember: if you don't plan, it won't happen.