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Destroying Your Marriage?

Some couples spend a lot of time with each other on the weekends. Sports can also be a dominating factor in the household. Lots of you know what I'm talking about, because you've spent your married lives planning around the various sports events on TV. Attending a family event could come second to watching the big game. Although some women enjoy watching sports right along with their men, others merely endure and resent. Many marriages have been destroyed because of sports.

No one gets married to spend their time alone, and a sports widow is virtually alone for many hours at a time. However, it's not always the husband that watches too many sports. It's a sad state of affairs when someone would rather spend time alone watching sports than with the person they're supposed to love.

Like with most things in life, having it in moderation is the key. Even if both husband and wife love to watch sports, it's best that it's done in moderation to ensure a happier life. You can't exactly say that you're spending quality time together if both of you are sitting on the couch screaming at the TV. In order for the marriage to survive and strengthen, the two of you need to spend quality time together and enjoy each other's company. If it's just one spouse doing this, and you can't even have a barbecue with friends on the patio because your spouse is glued to the big screen in the living room, the problem is even worse. You may wonder why you got married in the first place if this is how you're spending all of your time.

Once again, moderation and compromise are the key words in this situation. You should discuss your spouse's sports habits before you two even get married. Learn a routine and stick to it so you'll both be happy. Choose the most important sports events and learn to forego others. Make sure you tell him early on about upcoming appointments and get-togethers and then remind him often. It's best not to bother him with this if he's watching sports that have already been agreed upon. If you allow him his quality time by himself, the time that the two of you spend together will be even better. Doc No. h1soehasl-sldhgt

Kristie Brown writes on a variety of topics from health to technology. Check out her websites on [how to save a marriage](#) and [save my marriage](#)

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