

Coaching: Marriage Matters



Week 14

Practicing Being Present

Being present in your marriage means so much more than just being home every night for dinner. It means more than just sleeping in the same bed, attending the same functions, and helping with household duties.

Being present is listening, processing, and responding attentively in real-time. Responses can then be centered on what is actually going on at the time and what is most needed in the moment by your partner.

Being present is more than just paying attention. Being present requires that a couple genuinely be tuned-in to what is being said and to what is going on. Being present allows room for a fresh interpretation of otherwise familiar statements or situations based upon newly relevant information.

Being present with another takes extra time and a concerted effort. Always competing for our attention are the countless distractions and interruptions that occur throughout our day. But this approach to being attentive to your spouse will pay off big time as you become more sensitive and supportive.

Staying present with one another is one sure-fire way for a couple to accurately, consistently hear and respond to one another appropriately.

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