

10 Signs It's Time to Make Changes in Your Relationship:

1. We argue about the same things over and over
2. We are more like roommates
3. We don't share thoughts and feelings without feeling attacked or blamed
4. We have only "blue moon" obligatory sex
5. The trust is gone in this relationship
6. We can't talk about complaints without one of us nagging or criticizing and the other one shutting down
7. Our needs are far apart
8. We don't respect one another
9. We haven't had a date or romantic get away since I don't know when
10. There is a lot of resentment in this relationship

If you answered "yes" to 2 items, you may need to brush up on some relationship skills.

Check out "The Relationship Cure" by John M Gottman, Ph.d., and Joan DeClaire.

If you answered "yes" to more than 3 items, your relationship could use a make over (with some concentrated attention).

The Art and Science of Love Couple's workshop could be of interest.

If you answered 6 or more with a "yes",
I don't need to tell you the difficulty you find your relationship in.
It would be best to seek help sooner rather than later.

Check out www.gottman.com for a trained professional in your area.