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How to Stay Current with Your Spouse

FEELING OUT OF TOUCH WITH YOUR SPOUSE'S DAY-TO-DAY? HERE'S HOW TO FIX IT.

Though you might be resistant to the idea at first, scheduling a time to talk could be the only way to make sure it actually happens. Sure, it might feel awkward to plug, "talk about our day" into your respective calendars, but we promise that both you and your spouse will reap the benefit if you do.

Simply set aside 15-20 minutes when you first get home -- and use that time specifically to catch up, *not* to bitch and complain about each other, or talk about things that need to get done around the house. Just ask questions and let your spouse talk about whatever the heck it is that he/she does all day long while you are apart. Then, take your turn.

Chances are, you'll enjoy the process and it will quickly become habit.

Set as many ground rules as you need. If talk of household or marital issues continuously creeps into your chit chat, schedule a separate time to discuss those topics. For some couples, staying current comes completely naturally, other's not so much. But every couple struggles in one area or another. So try not to judge how it happens -- just do the work required to make it happen.

Bonus tip: For some couples, texting or leaving each other voicemails throughout the day is a great way to feel up to date.

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