

7 signs for Couples that your business is affecting your marriage

Most people don't know that their relationships are in trouble until the bomb hits. One walks out or calls it quits and the other person is totally unaware or not expecting this dramatic shift in life.

Couples in business together are at even greater risk of divorce and conflict due to the extra pressures that business can place upon marriages and family life.

Here are 7 warning signs that may indicate there needs to be a better balance or at least areas of change, for couples in business together moving forward.

1. Your life feels mundane and ordinary

The hum drum of life happens from time to time, however if you are finding this happening on a regular basis or for an extended period of time, then there may be other things that are causing the "flatness" around your life.

When life isn't going as planned, often we become depleted of energy, feel lazy, unmotivated and uninspired with our everyday living. This can be a warning sign that what your life consists of at the moment is not sparking an invitation of excitement, enthusiasm and passion to do more or strive further.

Most of us with a PURPOSE and VISION, will happily run towards our goals, seeking the happiness and rewards provided by something great in our future.

2. You find yourselves bickering over petty things

If you and your spouse are bickering, or you find yourself nagging over the smallest thing, it could be a sign that there are underlying frustrations that are not being addressed openly and honestly through communication. The indicators are there when you rarely make loving eye contact with each other anymore.

Being tolerant of each other's humanity is a big key to identifying whether the smallest faults in others are in fact drawing out a deeper frustration or issue within ourselves, that we may not know exists. If we can fix our problems and provide solutions to our own frustrations, then everything else will fade away as insignificant.

3. You find out that business is harder than you originally thought

If we all saw only the challenges in business, very few people would begin that journey at all. Business is harder than most of us imagine, because like anything we are drawn in by a positive emotional connection to a thought or vision we have about our future.

As reality sets in, the difficulties can become a burden to couples in Business as they try and work together to make the business grow.

Having clearly defined boundaries and systems within the business can greatly reduce the burden and ease the stress on each person, as well as build a common pathway that two people can work effectively and efficiently together. The business multiplies exponentially with less effort when both people work side by side on the one shared vision.

4. You find yourself frustrated at your Spouse for things that are happening inside the business or the home

Frustration if left unchecked can lead to underlying resentment towards your Spouse for things that you may or may not recognise as 'blame'. Unspoken words of "it's your fault this happened" can light the fuse of unnecessary conflict between 2 people, who possibly without the pressure of business, may not have reason to face many a difficult decision or situation.

Acknowledging each other's learning journey within the business and within the marriage, can often present opportunities to logically work through what is missing in order to increase the other person's and our own skills and abilities. Providing tools to overcome obstacles can turn a destructive and soul destroying conversation into a positive and constructive resolution within minutes.

5. You find that you don't have much else to talk about other than the business on a daily basis

Many people with new babies lose all ability to converse on any topic other than BABIES. It is the same with business. When couples work together in business, the

conversation nearly always relates back to in some form or other, something that happened in the business the other day. Most ideas and thinking is centred around resolving problems and what to do next.

Compartmentalisation is a key factor in being able to stop the business taking over your LIFE. Have hobbies together and separately outside of the business. Make time to be an individual without the business, you will expand your experiences and have more to discuss with your Spouse during down time. Make a habit to consciously NOT talk business during certain times such as date night or weekends / family time.

6. You cannot remember the last time you had time for yourself or some quality romantic time together

The all consuming business can grow out of control, kind of like a run-away train. You may be happily working away in the business for a year or two to get it off the ground, and finding days, weekends and evenings are taken up with bookwork, fixing things, planning and marketing etc. The time flies and you look up it is 10:00 pm and time for bed. Where did the day go? You flop into bed and within minutes snoring away until the alarm the next morning. What Romance?

I would have traditionally said women (more so than men) require an unloading of the brain before even contemplating intimacy, however men also have lots on their minds and often just manage it differently. Knowing and understanding the signals of our Spouse, how they react or behave under stress or emotional pressure can ease the tension between couples and open the pathway to greater intimacy when empathy and compassion is shared evenly.

7. You find it difficult to fully relax with your Spouse and your family on your days off

Stress levels can be always an underlying pressure that we have in our lives so much we switch off the signals that it even exists. On a happiness scale of 0 to 10, most stressed people can reach maybe a 4 at the best of times.

Check every task you undertake and rate the "happiness" level on a daily basis. 0 being extremely sad or depressed and 10 being blissfully happy like you have never felt before. If you are below a 7 then we would suggest addressing some of the areas in your life that are presenting as a "dull ache" in stress, that you really would prefer not to have to deal with at all.

The key to happy living is do things that make you happy and DON'T do things that don't make you happy. Of course, this may not be fully possible to let go all at once, otherwise the world would come crashing down. Take the time to work through our Survey on

Happy Couples in Business Together and we can provide you with some real answers to things that will increase intimacy, make your business fly and provide you both with the lifestyle you have always dreamed of.

To find out more on successful couples in business by taking our quick Survey to see if the business is affecting your relationship

<https://www.effectivesolutions.com.au/survey-for-couples>