

Six Ways Drinking Coffee Can Save Your Marriage

Lots of us like to have our coffee in the morning, but New York Times bestselling author and relationship expert Laura Doyle says that there are six ways that having your cup of joe can actually improve and even save your marriage.

How can drinking coffee save your marriage?

1. **Self-Care:** Meeting a friend for a cup of coffee or even having some solitude and reading a blog or staring out the window during the day can make all the difference between feeling relaxed and happy when problems arise in your marriage and feeling stressed out and overwhelmed. The first step to having a happy marriage is to make yourself happy by doing at least three things a day for your own enjoyment--not things you should do because they increase your fitness or reduce greenhouse gas emissions, but just to feel good! This is the difference between bickering over a leak in the roof and laughing about it.
2. **Receiving Graciously:** Author and columnist Connie Shultz said that before she would let her future husband make her a cup of coffee, he had to convince her that it wouldn't interfere with her right to vote and own property. We don't always have to do everything ourselves, and receiving graciously from your husband is actually going to help you feel more cherished and connected. If you say, "Nevermind, I'll do it myself", you're passing up a chance to feel cared for.
3. **Community:** Sometimes when I have a bad day it takes two sisters three friends and my husband to put me right again. If you rely on your spouse as your only source of emotional support, it's too much for one mere mortal to do. That's why you want to have a coffee klatch to lean on when there's a challenge. Those friends can help you have perspective when your spouse is getting on your very last nerve.
4. **Ritual:** One of the my senior relationship coaches at my company, Kathy Murray and her husband Doug spend a few minutes every morning enjoying their coffee and each other. That ritual reinforces their connection and gives them that undivided time together without other distractions that creep in.
5. **Expressing Your Desires:** One client was out to dinner with her husband and he suggested that they go see a movie, so she checked in with how she felt and what she wanted--two key questions that really contribute to intimacy--and she realized that she felt tired but she wanted to continue their date. So she expressed her desire by saying, "I want to go to the movie, but I want a cup of coffee so I can stay awake and enjoy it." That guy made it his mission to find her a cup of coffee even though it was late in the day and most coffee places are closed.
6. **Delaying Your Response:** Sometimes your spouse will be thinking out loud and say something that you think is ridiculous. Like honey, let's sell everything, move away from

the city and raise alpacas on a farm. Your first reaction might be to say, “Are you out of your mind?” But if you just sip your coffee for a moment and give yourself a minute, you can come up with a response that’s going to preserve the emotional safety in that moment. You might even just say, “I hear you.” Which doesn’t mean you agree or disagree, it just means you’re listening. We all have a deep need to be heard and understood, so that goes a long way toward keeping your connection strong.

Visual: The host and I sit on stools at a bistro table with a coffee maker and mugs. I pour a cup of coffee for the host while I’m talking. The backdrop could be a French street or bistro.

Tie-ins: Have Community Coffee mugs and provide coffee for the audience.

Guest Bio: Laura Doyle is a *New York Times* bestselling author and the CEO of Laura Doyle Connect, an international relationship coaching company.

She has been on *The View*, *The Today Show*, *Good Morning America*, *Dateline*, *The O’Reilly Factor* and *CBS Evening News*. Over 150,000 women credit her with not only saving their relationships, but making them intimate, passionate and peaceful again.

She has been married to her hilarious husband John for 25 years. Her latest book is *First, Kill All the Marriage Counselors*.