

# Best Advice for Newlyweds from a Marriage Counselor

## Interview with Dr. Terry Eagan

By [Francesca Di Meglio](#), About.com

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Ideally, couples see some sort of counselor or spiritual advisor before getting married. However, some married couples wait until they are having great difficulties to seek professional help. That's when they might talk to Terry Eagan, an M.D., who counsels married couples in trouble, and serves as medical director of [Moonview Sanctuary](#) in Santa Monica, Calif., a treatment facility that incorporates Eastern and Western philosophies. He recently shared his best advice for newlyweds:

### Communicate with one another.

"Talk, talk, talk," says Eagan. [Communication](#) about everything from small things such as how you spent your day to big things such as how to spend your money is vital to a healthy marriage. It helps you get to know each other better, resolve issues, and stay connected to your spouse.

### Break your routine.

Don't get caught up in routines. That means you should avoid taking each other for granted by [having date nights](#) and [taking romantic vacations](#) when you can. Avoid just going to and from work and never focusing on each other or your relationship. When you are just going through the motions, you will feel less satisfied and less content. And that will rub off on your spouse, too. Marriage, after all, is a delicate balance between two people.

### Wait to have children.

If you can, wait to [have children](#). Putting off [getting pregnant](#) to give you and your spouse time to build a foundation for a family. Build your marriage so that it will be sturdy enough to support the weight of the family you'd like to create. That means getting closer, resolving serious issues, and finding your rhythm as a couple.

### Save some money.

Avoid collecting debt. [Money](#) troubles put unnecessary stress on a marriage; in fact, it's one of the major causes of arguments among married people. You can throw a nice wedding, make a home for the two of you, and live [without breaking the bank](#) as long as you don't spend more than you have. You should also try to keep an eye to the future by always having something in savings. Your wallet and your relationship will pay the price if you don't watch your pennies.

### Look good for each other.

Keep up with hygiene and [get dressed up every once in a while](#). "Don't get sloppy in your relationship," says Eagan. "Keep it special." When you start paying less attention to your appearance, you send the message to your

spouse that you just don't care and you're not really interested in maintaining the attraction between the two of you. You should be sending the signal that you're still hot for your spouse – and you want to keep it that way!

## **Get a life.**

[Hang onto your friends](#) and family. Just because you're married does not mean you should abandon everyone and everything that existed in your life before the wedding. You still need social outlets to re-energize yourself for your spouse. "Don't expect your partner to be your everything," warns Eagan.

## **Have good sex.**

Sex is a vital part of the marriage relationship. You should make sure [your sex life](#) is satisfying for both of you. If there are physical problems affecting your performance, you should see a doctor and [discuss the situation with him or her and your spouse](#).

## **Be ready for the after-the-wedding blues.**

Realize you may experience [post-nuptial depression](#), which refers to the state of depressed mood that newlyweds experience within the first three to six months of marriage. There's a lot down after all the excitement of the wedding festivities and honeymoon are over. Although brides are more apt to talk about it than grooms, both pairs probably feel this to some extent. Eagan suggests refraining from talking about the wedding all the time and going out and doing things together. Understand that it takes time to re-orient your life and keep in mind that this is just the start of your great new life together.