The Second Half of Marriage

When children begin leaving the nest, marriages change and often couples are unprepared for those changes. Kerby Anderson looks at the book The Second Half of Marriage *by David and Claudia Arp and describes the eight challenges of second-half marriages.*

When children begin leaving the nest, marriages change and often couples are unprepared for those changes. In this article we are going to be looking at the book *The Second Half of Marriage* (Zondervan, 1998) by David and Claudia Arp. Suddenly marriages that were child-centered once again become couple-centered. Many marriages do not survive the transition. According to the National Center of Health Statistics, while divorce generally declined, divorces among couples married thirty years or more increased significantly.

In their book, the Arps describe eight themes within a second-half marriage. One is the need to transition from a child-focused marriage to a more partner-centered marriage. Without children as buffers, couples face the challenge of redefining their marriage. Either it becomes more intimate or it slowly disintegrates. A husband married for nineteen years said, "I'm fearful that when our children leave home, we will go our separate ways, because our priorities and interests are so different."

Couples must learn how to communicate and effectively deal with conflict and anger. Couples often lose the ability to communicate in marriage because there is such an urgent focus on the kids and their needs and problems. One wife said, "The greatest stress in my marriage is lack of communication—just being able to converse at the end of the day. I always feel as if I'm competing with the computer, the newspaper, or CNN news."

Couples in the second half of marriage must also learn to adjust to changing roles with aging parents and adult children. Your parents may have placed certain expectations on you and your marriage that you are still feeling in midlife. A wife married thirty-one years said, “Whatever I do for my parents, I can never meet all of their expectations. Yet I keep trying. I’d have to say unmet expectations are the hardest to deal with. I need to add that my expectations are the hardest to deal with.”

Reconnecting with your adult children is also a challenge. As children leave the nest, they leave behind certain requirements and expectations. Our relationship with them changes, and couples in the second half of marriage must reconnect with children who are now adults on a different level. Often we must learn to resist giving advice unless it is requested. And even when we give advice, we should mentally prepare ourselves for the possibility that our grown children may not act on it.

Here we will be looking at these eight themes of second half marriages and discuss the challenges of each of them. We will view them from the kaleidoscope of over five hundred survey responses used by the Arps in writing their book. We pray that this look at second half marriages will help strengthen your marriage no matter how long you have been married.

Expectations and Companionship

The first challenge is to learn to let go of past marital disappointment, forgive each other, and commit to making the rest of your marriage the best. All of us go into marriage with certain dreams and expectations. Some of these will never be realized. Are you willing to let go of unmet expectations and unrealistic dreams? You may never build your dream house or go on that exotic vacation. Are you willing to let it go? Can you accept those extra pounds or that gray hair or even no hair at all? Giving up lost dreams and dealing with each

other's imperfections is a positive step toward forgiving past hurts and moving on in your marriage.

A wife married for twenty-five years said, "After twenty years of marriage, I finally realized my husband will never be home at 5 p.m. While this is disappointing to me, I simply had to let that expectation go." Another wife said, "During times of testing and disappointment, we kept working on our relationship. We learned how to forgive each other and how to work things out. We are committed to our marriage and we never give up. That's our secret."

The second challenge is to create a marriage that is partner-focused rather than child-focused. When children leave the nest, couples often move from a child-focused marriage to an activity-focused marriage. Community or church activities may now take up the time and energy formerly devoted to children. As valuable as these activities might be, they still serve as buffers to a mutual, partnership marriage. In the second half of marriage, couples need to redefine their roles and functions. What previously worked may no longer be relevant. Marriage can be more personal and more fulfilling as you focus on the couple's relationship rather than the children.

A wife married for thirty-three years said, "It's important to build a good relationship with your spouse so that when the children leave, you have the underlying joy of focusing on each other and not on your adult children."

Key to this is to develop what is called a "companionship marriage." This has been defined as a socially registered commitment between a man and a woman where they seek to know themselves and each other as far as they are capable of being known. It also involves mutual affection and affirmation where they help each other grow and change in order to become the loving and creative persons they are capable of becoming.

These then are the first two of eight challenges in the second

half of marriage. Next we will look at two more challenges.

Communication and Conflict

The third challenge is to maintain an effective communication system that allows you to express your deepest feelings, joys, and concerns. Communication is the lifeblood of a good marriage. But what do you do when the communication patterns that seemed to work in the first half of marriage seem inadequate for the second half? When children are gone, there are more spaces of silence, and there is often less to say to each other. Couples may wonder how they made it this far only to end up as quiet strangers in front of each other. Couples in the second half of marriage need to develop intimate and honest communication that focuses on their needs, wants, and dreams at midlife.

A wife married for eighteen years said, “My greatest fear is that when the kids are gone, we won’t communicate or have anything in common. I’m afraid of being left alone with someone who never speaks, pays attention, or ever touches me.” Another wife said, “The greatest frustration for me in my marriage is simply not being understood.”

The fourth challenge is to use anger and conflict in a creative way to build your relationship. Anger and conflict are part of any marriage. Mature couples need to learn how to process anger. Marriage must become a safe place to express your concerns in the context of a loving relationship. This challenge is critical because often the real problem isn’t the facts but the strong negative feelings we harbor. Once those feelings are dealt with, it’s easier to move on and resolve the conflict.

A wife of eighteen years said, “We had the divorce papers ready to sign a couple of times a number of years ago, but both times we looked at each other and said, ‘But I haven’t stopped loving you.’ Even when we couldn’t agree on virtually

anything else, we have always agreed on that. Nothing we've been through was bad enough to kill the love we have for each other."

Often the key to dealing with anger is to objectively state the problem and then begin to set forward the solutions. In the process, the couple can also identify what is at stake and what each partner has invested. Finding a solution to the problem is easier when both partners are committed to each other and committed to a mutually satisfying solution. Sometimes this will involve compromise and in other cases, it will involve showing love to your partner by accepting his or her perspective.

These then are the first four of eight challenges in the second half of marriage. In the next section we will look at two more challenges.

Friendship and Romance

The fifth challenge is to build a deeper friendship and enjoy your spouse. In the second half of marriage, we can deepen our friendship and become close companions. When we are in a long-term marriage, we become more familiar and comfortable with each other. When we acknowledge that we aren't perfect, we can relax and enjoy each other. What are you doing to build your friendship with your spouse? Are you working to expand your boundaries and prevent boredom? Are you trying to put more fun back into your marriage? Fun and friendship are two key ingredients in the second half of marriage.

One wife married for twenty years said, "This year has been a time of growth for us as a couple. It started with lots of stress—overcommitment and relationship problems—but God helped us through it. We just celebrated our twentieth anniversary with a romantic getaway. We've become best friends again. Hope can be restored!"

In their book, the Arps provide some concrete tips for making the second half more enjoyable. First, take care of yourself. Sometimes our back muscles can give us a midlife wake-up call, so exercise and physical therapy should become a way of life. Second, pace yourself. Third, build relationships and maintain them. This is the time of life to beef up your friendships and develop a support system. Fourth, stretch your boundaries. Fifth, stay involved with life. Sixth, hang in there. When you are discouraged, don't throw your life away.

The sixth challenge is to renew romance and restore a pleasurable, sexual relationship. Contrary to popular belief, interest in sex does not have to diminish as we grow older. Actually the research done by the Arps tends to indicate that sexual satisfaction increases rather than decreases with the number of years married. Couples in the second half of marriage need to do three things: protect privacy, cherish the love relationship, and renew romance. These are important priorities.

The Arps list six secrets to rekindle romance. These are: be affectionate, be a listener, be adventuresome, be playful, be in shape, and be a little wacky. As we grow older, the pace of life changes and there is a greater need to stay in shape by eating well, working out, and watching our weight. This is not only good for your marriage. It is good for your health.

These then are the first six of eight challenges in the second half of marriage. Let's look at the last two challenges.

Adapted Relationships and Spiritual Growth

The seventh challenge is to adjust to changing roles with aging parents and adult children. As children leave the nest, we release them into adulthood. But it is also important to reconnect with them on an adult level. At the same time, you need to balance relationships with your own parents. This will

be difficult, especially if your parents did not successfully meet this challenge in their marriage. Whatever your situation, your relationship with your adult children and your elderly parents will affect your marriage. Accepting the circumstances can be key in building a strong second half of marriage. You can't go back and change your family history, but you can make wise choices for the future based upon past circumstances.

The drain of family commitments can take its toll on a second half marriage. One wife of twenty-eight years said, "For me, the emotional drain of trying to be everything to everybody is affecting my relationship with my husband. There is no energy left at the end of the day for me to invest in our marriage."

The challenge of rearing children and sending them into a world also affects one of the other challenges we have discussed: the challenge of communication. One husband of thirty years said, "We don't have an empty nest yet, although two out of three are gone. We've tried to push our children out of the nest but leave the lines of communication open to advise and assist when needed."

The final challenge is to evaluate where you are on your spiritual pilgrimage, grow closer to each other and to God, and together serve others. Our faith in God should make a difference in our marriage. The relationship of a husband and wife to God provides the foundation for a good marriage that will be tested by the changing circumstances of the second half of marriage. Couples should evaluate their spiritual pilgrimage and seek to grow closer spiritually to each other and to God.

A husband married for thirty-two years said, "The best aspects of our marriage are companionship, our faith in God, and our love for each other. We try to add to the other's happiness by surprising each other with little gifts, a hug, a kiss, or giving a compliment—or just being thoughtful."

We trust that this has been helpful to you as you seek to strengthen your marriage and grow closer to God. We believe you will grow closer to each other as you grow closer to God. May God bless you.

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