

# **You can be married... and still feel emotionally alone**

Many people feel uncomfortable admitting this—especially if their marriage looks “fine” from the outside.

Emotional loneliness in marriage doesn't mean you don't love each other.

It doesn't mean your marriage is failing.

It doesn't mean anything dramatic has gone wrong.

It simply means this:

You share a life together—but not always your inner emotional world.

For many couples, conversations slowly shift toward logistics:

Who's doing what.

What needs to get done.

What's coming up next.

Over time, deeper thoughts go unspoken—not because they're forbidden, but because they feel risky, tiring, or unlikely to land well.

So people adapt.

They edit.

They keep things light.

They tell themselves, “This is just how marriage works.”

But here's what we've learned in our own marriage.

Here's one reason why, after 53 years, our marriage feels genuinely delightful. When we noticed something that was way off, we figured out a way how to fix it. That's what our 11 lessons are all about — 11 things we had to figure out.

We don't always agree.

We don't always feel great.

But we expect to be met with curiosity instead of defensiveness—and that expectation changes everything.

During the past 53 years of marriage, we've attained a great deal of wisdom. We have learned how to thoroughly enjoy each other and never experience emotional loneliness.

This post is just the beginning.

Emotional loneliness is only one of several quiet issues that drain joy from otherwise good marriages. There are patterns underneath it—learnable, practical principles—that change how a marriage actually feels to live inside.

I've written eleven of those principles separately. Each one addresses a common pain point and explains what made the difference for us.

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