

Shalom Bayis Newsletter Issue 29

5 Mistakes Good Couples Make that Silently Lower Desire, Mistake # 5

By Rabbi Yehoshua Berman

The voters have decided!

Lots of appreciation to all of you who took the time to let me know



what topic you wanted most! And the fact that the winning vote is this topic says so much about this community – people who are genuinely interested in knowing what they could be doing better.

Disclaimer: The list that will comprise this and the next four newsletters is based on my own impressions/thoughts, not empirical data. Also, I'm focusing on **mistakes that**

good couples make, not abusive or mean behavior which warrants its own discussion (if you want to me write about that in the future, click [here](#) to let me know).

Ok, let's begin going through 5 mistakes good couples make that silently lower desire, in order from least surprising to most surprising.

Mistake # 5 – Picking your nose (major gross-out trigger alert!)

Imagine you're walking into the hotel lobby for your first date, you find the guy you are looking for, and as soon as you set your eyes on him, you're absolutely floored!

What a good-looking guy!! (Men: feel free to flip this thought experiment around; you all know full well why I wrote it this way 😊)

“Well, *lots* of potential here!” you enthusiastically think to yourself.

But you spoke too soon.

Only two minutes into the date, his finger finds its way to his nose. Not right under or on the side, but full-on nasal penetration. The digging continues until he manages to mine the gold that he was furiously looking for.

“Ok,” you try to steel yourself against that awful ick feeling threatening to rise from your stomach all the way up to your esophagus, “no-one is perfect.”

But then, a few minutes later, it happens again. And again, and again, and...

Now think, what are the chances that you are going to feel attracted to this young man?

Let's say that, in addition to being *incredibly* good-looking, he is also intelligent, speaks kindly, and you happen to know that his family is very wealthy to boot. Even with all that, how likely is it that you are going to feel a desire for a second date?

Without a doubt, bad manners are a potent, albeit silent, way that good couples lower desire.

If you're sitting at a wedding next to neighbors or fellow shulgoers, you probably wouldn't do things like burping out loud,

scratching your uncovered belly, blowing your nose loudly, or chewing in a way that could put a cow to shame, would you?

So why does this so often happen between spouses?

I'm actually going to leave that question open, because, really, it doesn't matter right now.

What matters is that if you want to avoid desire-killers in your marriage, try to think if perhaps you have any habits that are not particularly endearing, and endeavor to divest yourself of them.

Especially in front of the person whose desire you're hoping to preserve.

Stay tuned for mistake # 4, it's much less obvious...



To receive the Shalom Bayis Newsletter **directly to your inbox**, click on the link below or email rbsa613@gmail.com.
<https://stats.sender.net/forms/egO2ke/view>



For info re: my comprehensive shalom bayis guides, the "Intimacy Challenges Solutions & Enhancements" series of audio courses, and my audio course and book on how to teach children the Torah's values on sexuality, visit inspiredtorah.com or email me at rbsa613@gmail.com.