

Shalom Bayis Newsletter Issue 30

5 Mistakes Good Couples Make that Silently Lower Desire, **Mistake # 4**

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Scratching scabs.

Yes—scratching scabs is mistake number four that *good couples* make that silently lowers desire.

Not literally (although that too), but consider this:



The human body is covered by roughly **18–22 square feet of skin**. If you were to spread it all out (*don't; definitely not recommended!*), it could cover the floor of a small laundry room.

And yet, for most healthy people, practically all of that skin is perfectly fine.

Still, your attention somehow locks onto **one tiny spot**—maybe **0.08 square inches**—that has a scab on it.

You can't stop noticing it and... scratching!!

We all know what happens then. It's not only that the wound won't heal properly or may leave a scar; it hijacks your entire day.

This is exactly how desire works in many marriages.

Your spouse may be, by any reasonable measure, *highly desirable overall*. And yet your mind zooms in obsessively miniscule imperfections—sometimes just one—that drive you bananas.

And once that happens, everything gets distorted.

Importantly, these “scabs” don't have to be physical at all. They can just as easily be a personality trait, a habit, a communication style, or a behavioral quirk. Scratching *those* scabs can quietly drain desire just as effectively.

Now let's be clear about something:

It's not your fault that the scab is itching.
After all—it *is* itching.

This isn't about blame. It's about good people who understand that desire matters in marriage, and who are actively trying to keep their relationship fresh and alive.

So let's think practically.

What does a person do when they have a terribly itchy scab—but don't want to cause scarring and don't want to lose their sanity?

They apply **Vaseline. Aloe. Moisturizer.**

Dermatologists explain that the real problem isn't the scab itself. The issue is that the skin underneath is still partially exposed. It dries out, the nerve endings become irritated, and everything feels amplified.

Moisturizers protects those sensitive nerves.

The same principle applies to relationship “scabs.”

Often, the imperfection itself is not the real issue. After all, *everyone* has imperfections! The real problem is that the relationship has begun to **dry out**, and the emotional “nerve endings” are becoming raw and over-reactive.

Put simply:

When there isn't enough positive input, the mind drifts toward irritants.

There's a striking illustration of this from a well-known 2014 experiment. Participants were left alone in an empty room with nothing to do but sit with their thoughts. The only other option? A device that delivers a mildly painful electric shock.

They were told they could shock themselves if they wished.

The results were remarkable:

- **25% of women**
- **67% of men**

chose to shock themselves rather than do nothing.

The takeaway is sobering:

When there is a vacuum of pleasure and positivity, pain and aggravation rush in to fill the space.

So if you want to stop obsessing over—and scratching—those scabs, go get some Vaseline.

Deliberately inject **playfulness, warmth, and positive energy** into your relationship. Not once. Consistently.

That is what keeps desire alive.

If this idea resonates with you, I developed a focused audio course designed specifically to help couples maintain and even enhance relationship vitality and vivaciousness over time.

It's called **“Keeping It Fresh & Alive,”** and it's part of my ICSE series.

You can find more information here:

inspiredtorah.com/icse-series/

Or feel free to email me directly at rbsa613@gmail.com.



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