



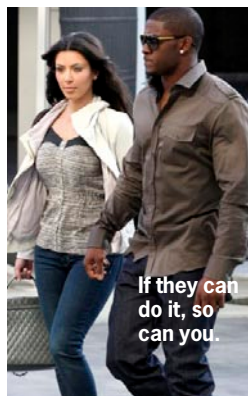
New Orleans needs Reggie... but Kim's show shoots in L.A.



Why Busy Couples Are Splitting Up

When Kim Kardashian first revealed she had split from Reggie Bush due to “conflicting schedules,” a lot of people rolled their eyes. Because, *really*: Could love be derailed by something as dull as timing issues?

Well, not completely derailed—Kim and Reggie seem to be giving it another go—but definitely put to the test. In a recent Cosmo poll, 72 percent of readers say the struggle to match up their schedule with their guy’s has caused problems in their love life. “I’m seeing this more and more,” says relationship expert Terri Orbuch, PhD, author of *Five Simple Steps to Take Your Marriage From Good to Great*. “We’re all working harder to keep our jobs, so we’re busier, and



If they can do it, so can you.

relationships are suffering.” The good news is that you *can* fight back against the evil scheduling gods.

SEXING DOESN'T COUNT. He goes to bed after you; you’re at your desk before he wakes up—it’s like you’re in a meaningful relationship with your BlackBerry. Experts say there’s no substitute for being in the same place at the same time. That’s because most communication is nonverbal, says Les Parrott, PhD, coauthor of *Your Time-Starved Marriage*. When you’re with your guy, you can see the tension in his body, even if he hasn’t said a word about being stressed.

And while a little suggestive texting is hot as hell, you have to clock time together in bed to keep the spark alive. “Sex is so much more than what you do with your bodies,” says Laurie Mintz, PhD, author of *The Tired Woman’s Guide to Passionate Sex*. “It’s a whole connection that’s vital to your relationship.” When you get that intimate time in bed, you’re not only focusing solely on each other, but you’re also getting a dose of that intense chemistry that brought you together in the first place.

PICK MOMENTS THAT MATTER. Just one special evening a week, plus several meet-ups here and there, can keep things percolating, says couples therapist Bethany Marshall, PhD, author of *Deal Breakers*. So, she advises, whip out your PDAs and plan dates during quality hours—times when neither of you will be exhausted or distracted—like lunch on Fridays, when your offices slow down, or on Sunday afternoons.

Another key component, says Marshall, is to sometimes go out with friends as a couple instead of holing up together whenever you score free time. It may sound counterintuitive, but it works to remind you of the other lovable parts of your guy (not just the romantic version) on a regular basis.

There will still be occasions when you freak about your juggling act, but if you start to feel resentful of having to work around his schedule, make it a point to think positively about the time you do have together instead of complaining about what you don’t have, says Parrott. Remember the hidden perk: Being apart makes your couple time hotter because you want to make every second count. ■

—KORIN MILLER