

He Doesn't Make an Effort Anymore – 2 Experts Reveal Their Best Tips + Insights

by [Michelle Henderson](#) – MA, LMHC, [Anita Gadhia-Smith](#) – PsyD, LCSW-C, LICSW

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and the people you allow in it.”**

~ Mandy Hale

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A photograph of a man and a woman embracing in a field. The man is on the left, wearing a dark shirt, and the woman is on the right, wearing a patterned dress. They are both smiling and looking at each other. The background is a soft-focus field of tall grass or reeds. The entire image is overlaid with a semi-transparent red filter.

DeepSoulfulLove.com



Michelle Henderson



Anita Gadhia-Smith

Follow the below 3 tips



To feel changes occurring in your relationship when your partner isn't making as much of an effort as he used to is discouraging and disappointing. Being in a relationship is a marathon, not a sprint.

Many people are not fully prepared to continue putting forth effort in the long run in order to keep a relationship healthy and fresh. There could be a few different reasons for why your partner isn't putting in the work that he used to.

1. He doesn't need to.

It is all too common in heterosexual relationships, even in 2020, where we fall into old-fashioned gender roles. If you've started doing all the cooking, all the cleaning, managing your bills, planning your date nights, and so on, then no wonder he's not putting in the work himself! Now you may be thinking to yourself, "I've only been doing all this because he won't and hasn't been." Fair enough.

But the only way to make a change is to first create opportunities for him to do more and to tell him what you would like whether that's him bringing you home flowers randomly or picking up his laundry off the floor. After you talk, take a step back and see if he steps up; this will tell you a lot.

2. The two of you are in a difficult season.

Even in the best of relationships, there tend to be months (or sometimes years) when the spark isn't at 100% and it typically tends to happen in conjunction with big life events (moving, changing jobs, having a baby, etc.). It takes time for us to find new routines and to feel like we have our footing

again. If this could be a factor for one or both of you, be patient, but also don't be complacent.

You want to make sure you're not falling to the bottom of his priority list with the changes that are happening! Let him know you understand things being different but also offer little suggestions for things he could do that would help you feel special again in the midst of the chaos.

3. He doesn't want to.

Unfortunately, if it's this reason, this is a problem that can't be solved by you and may lead to your relationship ending. If he is no longer interested in going on dates with you or showing you love/affection in other ways, this is of high concern.

This may be because he has an avoidant attachment style or simply is not fully understanding of what it takes to join his life with yours in a meaningful, long-term way.

If you talk to him about your concerns and don't see any changes, his actions are speaking louder than his words, and the relationship may be over.

Michelle Henderson, MA, LMHC – www.nextchapter-counseling.com

Ask yourself the below 4 questions



Do you feel like your partner doesn't make an effort anymore?

Here are four questions to ask yourself:

1. Is he bored with the relationship?

Is he taking you for granted or are you taking each other for granted? Do you treat him like a special person, and do you make a special effort for him?

If you are, and he is not, he may have gotten complacent because he is bored with you.

Ask yourself whether you are doing your part to keep the relationship interesting.

Are you seeking new experiences, activities, and relationships together? Are you both growing together?

Try to infuse some new life into your relationship and see what happens.

2 Is he capable of sustaining intimacy?

Some people are excited in the beginning phase of a relationship when everything is new and shiny, but do not have the desire or the ability to sustain intimacy on a long-term basis with the same person.

Ask yourself whether he is committed to working on the relationship and growing the intimacy, or whether he even wants it at all.

If you do, and he doesn't, you will have some difficult choices to make. It's better to be honest with yourself so that you can evaluate your options and create what you want in your life.

3. Is he depressed or experiencing other life issues?

His lack of interest in you may have nothing to do with you. He might have clinical depression, or be struggling in some significant area of his life. If this is the case, and it is temporary or situational, he is likely to return to normal once the issue is resolved.

Encourage him to seek help if he needs it, and show your love by weathering a low season in your relationship.

Things are not always going to be the same, and if you are together long-term, you will go through each other's ups and downs and stay together through thick and thin.

4. Is he willing to communicate and work on the issue?

If he is willing to talk with you openly about what is going on and expresses a willingness to do whatever work is necessary to improve things, it is worth staying with him and seeing this through until you both get to the other side.

We all go through ups and downs in life, and there are times when we need to work through things and wait it out. As long as he is willing to work on things, stay in there as long as you can.

Anita Gadhia-Smith, PsyD, LCSW-C, LICSW – www.drgadhiasmith.com

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