

How To Become Irresistible · Comfort George

A COMPLETE GUIDE FOR WOMEN

How To Become
Irresistible

TO YOUR HUSBAND AGAIN

After Children

BY
COMFORT GEORGE

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How To Become Irresistible To Your Husband Again After Children Rebuild Confidence, Attraction, and Closeness After Childbirth

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Introduction: The Woman You Still Are

You remember her, don't you?

The woman who used to take her time getting dressed. Who laughed loud and smelled good. Who had something to say about everything. Who her husband couldn't stop looking at across the room.

That woman is still you.

She didn't die. She just got buried under school fees, night feeds, cooking, housework, and a tiredness that goes all the way to your bones.

A lot of Nigerian women will read this and nod slowly. Because nobody prepares you for what happens after the baby comes.

Before children, you were a wife. A woman. A whole person with desires and opinions and energy.

Then the baby arrived — and suddenly, you became "Mummy." Full time. Every day. No break.

Your husband became "Daddy." The romance became routine. The closeness became distance. And somehow, without any big fight or dramatic moment, you two became more like business partners than lovers.

You're managing the house together. Raising children together. Paying bills together. But the spark? It quietly packed its bags and left.

Maybe you've noticed how he no longer looks at you the way he used to.

Or maybe *you're* the one who stopped feeling like someone worth looking at.

You catch yourself in the mirror and think — *this is not the woman he married*. Your body has changed. Your energy is low. You can't remember the last time you did something just for yourself.

Even your conversations have changed. You used to talk about everything. Now you mostly talk about the children — who needs what, who has school tomorrow, what's for dinner.

This is not your fault.

And it's not his fault either.

It's just what happens when two people pour everything into their children and forget to water their marriage.

Think of it like a plant. If you stop watering it, it doesn't die in one day. It dries up slowly, leaf by leaf, until one morning you look at it and wonder — when did this happen?

That's what unattended marriages do. They dry up slowly.

But here's the good news.

A dry plant can come back to life. You've seen it happen. You've forgotten to water something for weeks, then you gave it attention — and it bounced back.

Your marriage can bounce back too.

You can bounce back too.

This guide is not about becoming a different woman. You don't need to completely change who you are to get your husband's attention again.

This guide is about remembering who you already are — and letting her breathe again.

It's about rebuilding your confidence. Rebuilding closeness. Bringing back the attraction that children and tiredness pushed to the corner.

Step by step. In ways that are real and practical and actually make sense for a busy Nigerian woman.

You are not invisible.

You are not too far gone.

You are not too tired, too changed, or too "mummy-fied" to be desired again.

The woman your husband fell for? She is still inside you.

Let's go find her.

Chapter 1: The Real Reason the Spark Faded

It's not you. It's not him. Here's what actually happened.

Let's start with the truth.

You didn't do anything wrong. He didn't do anything wrong. Nobody woke up one morning and decided to stop caring. Nobody chose to let the love go cold.

It just happened. Gradually. Quietly. Like how you don't notice your children growing until one day their clothes no longer fit.

But "it just happened" is not a full answer. And you deserve the full answer.

So let's talk about what actually went on.

Your Body and Brain Went Through a War

When you got pregnant, your body did not just grow a baby. It completely reorganized itself.

Your hormones shifted. Your brain changed. Your emotions became unpredictable. Things that never used to bother you suddenly made you cry. Things you used to enjoy — including your husband's touch — sometimes felt like too much.

After delivery, it got even more intense.

Your body was healing. Your hormones were all over the place. If you breastfed, your body was literally producing chemicals that reduced your desire for physical closeness. Not because something was wrong with you. But because nature was telling your body — *focus on the baby first*.

This is biology. It happens to women everywhere — in Lagos, in Kano, in Enugu, everywhere.

But here's what nobody tells you.

While your body was going through all of this, your identity was also shifting.

Before the baby, you were simply *you*. A woman with her own life, her own rhythm, her own desires.

After the baby, a new identity landed on you — Mummy. And Mummy is a full-time job with no salary, no weekends off, and no one asking how *you* are doing.

You stopped being a woman first. You became a mother first. And that switch is heavy, even when you love your children with everything inside you.

Think about Aunty Ngozi down the street.

Before her first child, she was the woman who always looked sharp. Hair done, skin glowing, laughing with her husband on the balcony on Sunday evenings.

Then the baby came. Then the second one. Now she wakes up at 5am, cooks, packs lunch boxes, goes to work, comes back, cooks again, bathes children, sleeps by 9pm.

When last did she and her husband just sit and talk — not about the children, not about bills — just talk?

She can't even remember.

That's not a love story that failed. That's a love story that got buried under life.

The Invisible Wall

Now let's talk about your husband.

He was also going through something — just differently.

When the baby came, many men feel pushed to the side without anyone saying it out loud. His wife is exhausted. The baby needs everything. He doesn't want to seem selfish by asking for attention. So he pulls back quietly.

You were too tired to reach for him. He didn't want to stress you. So he stopped reaching too.

And that's how the invisible wall gets built.

Not from one big fight. Not from cheating or betrayal. Just from two tired people being considerate of each other in the wrong direction — both pulling back instead of leaning in.

Day by day, the wall gets a little thicker.

He stops trying to hold your hand because last time you were too tired. You stop trying to dress up for him because you figure he doesn't notice anyway. He spends more time on his phone in the evenings. You spend more time talking to your sister or your friends.

Before long, you're living in the same house, sleeping in the same bed, but living like strangers who share responsibilities.

Nigerians have a saying — *the soup you don't stir will get burnt*. That's exactly what happened to your marriage. Nobody stirred it. Life got busy. And it burnt slowly.

"We Just Drifted" Is Not the Whole Story

A lot of women say this when they describe their marriage — *we just drifted apart*.

And yes, that's part of it. But drifting doesn't just happen. Something pushes the drift.

Sometimes it's the exhaustion of raising children with no support system. In Nigeria especially, many women carry the full load — cooking, childcare, housework — even when they also have a job. That kind of tiredness leaves nothing left for romance.

Sometimes it's unspoken resentment. You expected more help from him. He expected more warmth from you. Nobody said anything. But the feelings sat quietly in the room between you.

Sometimes it's the way you stopped being *individuals* and became only *parents*. Every conversation is about the children. Every decision is about the children. You forgot to be a couple.

None of these things make you a bad wife. None of them make him a bad husband. But they are real, and pretending they don't exist won't fix anything.

The Conversation You Need to Have First — With Yourself

Before you fix anything with your husband, you need to be honest with yourself.

Not harsh. Not blaming. Just honest.

Ask yourself these questions slowly. Give yourself real answers — not the answers that sound good.

When did I stop feeling like myself?

Not like a mother. Not like a wife. Like *yourself*. When did you last do something just because it made *you* happy?

What do I actually miss about us?

Is it the laughter? The physical closeness? The way he used to look at you? The long conversations? The feeling of being chosen?

Name it specifically. "I miss us" is too vague to work with. "I miss how we used to sit together after dinner and just talk" — that's something you can actually rebuild.

Am I angry about something I never said out loud?

This is a big one. Many Nigerian women swallow things. They keep quiet to keep peace. They manage. They endure. But swallowed feelings don't disappear — they just change shape and come out as coldness, irritation, or distance.

If there's something you've been carrying quietly, it's time to name it. At least to yourself first.

Have I been showing up as a wife — or only as a mother?

This is not a question to judge yourself. It's just a question to see clearly. Because you can love your children completely and still invest in your marriage. The two are not enemies.

These questions are the beginning of everything.

You can't rebuild something if you don't first understand how it broke. And you can't understand how it broke if you're not willing to look at it honestly.

The spark didn't fade because your marriage is over.

It faded because life happened — loudly and heavily — and the marriage got quiet.

But quiet is not dead.

And now that you understand what actually happened, you have something powerful in your hands.

You have a starting point.

The next chapter? That's where we start building.

Chapter 2: Reclaiming the Woman in the Mirror

Feeling desirable starts before he ever looks at you

Here is something most women get wrong.

They think the goal is to get their husband to find them attractive again. So they focus entirely on him — what he thinks, what he notices, what he wants.

But attraction doesn't start with him looking at you.

It starts with *you* looking at yourself.

When you walk into a room feeling like nothing, you carry that energy everywhere. Your shoulders drop. Your voice goes quiet. You shrink. And people — including your husband — feel that energy before they even fully see you.

But when you walk in feeling like *someone*? Everything shifts. Your head lifts. Your smile comes easier. You take up space the way you're supposed to.

That shift has to happen inside you first. Before the mirror. Before his eyes. Before anything else.

Confidence After Childbirth Is Rebuilt, Not Recovered

A lot of women are waiting to *recover* their confidence. Like it's something they lost and just need to find again.

But that's not how it works.

The woman you were before children — she's not coming back exactly as she was. Your body has changed. Your life has changed. Your responsibilities have changed. Trying to go back to who you were is like trying to wear your secondary school uniform to work. It doesn't fit anymore. And it was never supposed to.

What you need is not recovery. It's rebuilding.

Building something new. Something that fits the woman you are *right now* — stretch marks, tiredness, school runs and all.

Think about a house that was renovated.

It's not the same house it was before. The walls moved. New things were added. Some old things were removed. But it's not worse — it's different. Sometimes it's even better. More solid. More lived in. More real.

That's you after children.

You are not damaged. You are renovated.

And a renovated house doesn't need to apologize for looking different from its old photos.

The Body Image Trap

Let's talk about the thing most women don't say out loud.

You look at your body and you don't fully like what you see.

The stomach that didn't go back flat. The hips that spread. The breasts that changed after breastfeeding. The skin that's not as tight as it used to be. The weight that came and is taking its time leaving.

And because you don't like what you see, you hide. You wear the big oversized clothes. You avoid the mirror. You turn off the light before your husband sees you. You say "I'm not ready" every time someone suggests a photo.

This is the trap.

Because hiding doesn't make you feel better. It just confirms the story you're already telling yourself — *I am not enough right now.*

Here's the honest truth.

Your body did something extraordinary. It carried a life. It pushed that life into the world. It fed that life from itself.

That is not a body that needs to apologize. That is a body that deserves respect — first from you.

You don't have to love every part of what you see in the mirror today. That's too big an ask. But you can choose to *stop punishing yourself* for how you look right now.

There's a big difference between "I want to be healthier and feel better in my body" and "I hate myself until I reach a certain size." One is motivation. The other is a prison.

Get out of the prison.

Small Daily Rituals That Change Everything

You don't need a spa. You don't need to lose 10kg first. You don't need to wait until things calm down at home.

You need small, consistent things that tell your body and brain — *I matter. I am still here. I am worth caring for.*

These things are simple. Don't underestimate them.

1. Bathe like you mean it.

Not the quick two-minute rinse you do before the baby wakes up. An actual bath or shower where you use the good soap. The one you've been saving. Stop saving it.

Lather slowly. Stay an extra three minutes. Let the water be the right temperature. This sounds small but it teaches your body that you deserve more than the minimum.

2. Put on something you actually like.

Many mothers fall into the same daily uniform — wrapper, old leggings, the same tired house clothes every day. Comfortable, yes. But after weeks of this, your brain starts to receive a message — *I have given up.*

You don't need to dress like you're going to a wedding to cook jollof rice. But wear something that makes you feel like a person. The nice top you've been keeping. The dress that fits well. Even putting on a good bra instead of the stretched one you've had since 2019 makes a difference.

How you dress at home matters because you spend most of your time there.

3. Do something with your face.

Not full makeup every day — unless you enjoy that. But a little something. Lip gloss. A little shea butter on your skin. Eyebrows shaped. Whatever small thing makes you look in the mirror and think — *okay, I see you.*

Madam Kemi in your estate didn't become the woman everyone notices because she has extra money. She just made a decision to do *something* with herself every single day. Small things. Consistent things.

You can do the same.

4. Moisturize your body intentionally.

This one is free. Body lotion or oil applied slowly, with attention — not rushed like you're late for something.

When you touch your own body with care, you're telling yourself a different story than when you rush past it like it doesn't matter. Start treating your body like something worth caring for. Because it is.

5. Protect at least 15 minutes a day that belongs to you.

Not to the children. Not to your husband. Not to chores. Just you.

Sit with your tea before everyone wakes up. Read three pages of something you enjoy. Pray or meditate. Sit outside for a few minutes. Anything that says — *I exist beyond my responsibilities.*

This is not selfish. A woman who has nothing left for herself has nothing left to give either.

Dress, Move, and Speak Like a Woman Who Likes Herself

These three things work together. And all three can be changed today — without spending any money.

How you dress.

Clothes communicate before you open your mouth. Not expensive clothes — *intentional* clothes.

Go through your wardrobe this week. Remove everything that makes you feel like you've given up. Keep what makes you feel good. Add one or two things that fit your body *as it is right now* — not as it was, not as you hope it will be.

Dressing for the body you have today is an act of self-respect.

How you move.

Stand up straight.

This sounds too simple to matter. It matters enormously.

Shoulders back, chin up, walking like you're going somewhere on purpose. This one change alone shifts how people see you — and more importantly, how you see yourself.

Watch the women around you who seem naturally confident. They're not all beautiful by magazine standards. But they move like they belong in every room they enter. That's not arrogance. That's self-possession. And you can learn it.

Walk around your own house like you own it. Because you do.

How you speak.

Your voice carries your confidence or your lack of it.

Many mothers start speaking quietly. Apologetically. Always hedging — *sorry, I just wanted to say...* or *I don't know if this makes sense but...*

Stop shrinking your words.

Say what you mean. Own your opinions. Laugh fully when something is funny. You don't have to be loud — but you do have to be *present* in your own conversations.

Your husband fell in love with a woman who had things to say. Let her speak again.

None of this requires permission.

You don't need to wait until you lose weight, until the children are older, until things slow down, until he notices first.

Start with the mirror. Start with yourself. Start today.

Because the most attractive thing you can give your husband is a woman who has decided she is worth something.

That decision — that one internal shift — changes everything that comes after it.

You are still that woman.

Now act like it.

Chapter 3: Reigniting Attraction Without Losing Your Mind

Practical ways to close the distance between you two

Let's be honest about something first.

When most women hear "reignite the attraction," they immediately feel tired.

Because they're already doing everything. Cooking, cleaning, raising children, sometimes working too. And now someone is asking them to also be attractive and romantic and exciting?

It feels like too much.

But here's what this chapter is not about. It's not about performing. It's not about pretending you're not exhausted. It's not about becoming a different person.

It's about small, real, practical things that close the distance between you and your husband — without adding to your load.

Because attraction doesn't need a grand gesture. It needs consistency. And consistency is something you can manage, even on your most tired days.

Availability Is Not the Same as Desirability

This is the most important thing in this entire chapter. Read it slowly.

Being available to your husband is not the same as being desirable to him.

Available means you are there. You live in the same house. You share the same bed. You respond when he talks. You are present.

Desirable means he *wants* to be near you. He thinks about you. He looks forward to you. You bring something to his life that he can't get anywhere else.

Many wives are very available — and completely undesirable. Not because they're bad wives. But because somewhere along the line, they became so focused on being there for everyone that they stopped being *interesting* to anyone.

Think about Aunty Bisi.

She is always home. Always available. Always ready to cook, clean, and manage. Her husband can always find her. But when was the last time he *looked forward* to coming home?

When was the last time she surprised him? Teased him? Made him laugh unexpectedly? Wore something that made him look twice?

She's available. But she stopped being desirable a long time ago. And she doesn't even know it because she's been too busy being responsible.

Availability says — *I am here.*

Desirability says — *I am someone worth being here for.*

Both matter. But if you've only been offering availability, your husband is not getting the full woman he married. He's getting a housemate who shares his last name.

The good news? You can change this without changing your entire life. Small things. Done consistently.

How to Flirt With Your Husband on Four Hours of Sleep

Yes, it's possible. No, it doesn't require energy you don't have.

Flirting is not about what you do with your body. At its core, flirting is about making someone feel like they're special to you. Like you see them. Like you still *choose* them.

And that can be done in thirty seconds.

The look.

The next time your husband walks into the room, look up from what you're doing. Make eye contact. Hold it one second longer than necessary. Then smile — not the tired "I see you" smile. The other one. The one that says *I still like you*.

That's it. That's flirting. It cost you nothing.

The compliment he didn't expect.

Men in long marriages stop hearing that their wives find them attractive. Nobody tells them. Everyone just assumes they know.

Tell him something specific. Not "you look nice." Something real — "that shirt looks really good on you" or "I like when you laugh like that."

Specific compliments land differently. They feel true because they are.

The small touch.

Walk past him and touch his shoulder. Squeeze his hand when you're sitting beside each other. Rest your head on him for thirty seconds while you're both watching TV.

Touch builds closeness faster than conversation. And it requires almost no energy.

The inside joke.

Remember something only the two of you know. Bring it up randomly. Text him a throwback memory in the middle of the day. "Remember when we got lost in Ikeja and ended up eating suya at midnight? I was just thinking about that."

That message takes twenty seconds to send. But it tells him — *I think about us when you're not around*. That is powerful.

The playful tease.

Don't always be serious with him. Play. Tease him gently about something small. Laugh at his jokes even when you're tired. Be light sometimes.

The woman he fell in love with didn't always have her serious face on. Let her be playful again. Even for five minutes.

None of these require you to be fully awake, fully dressed, or fully energized. They just require intention. A decision to show your husband that you still see him as a man — not just a co-parent and bill sharer.

Creating Pockets of "Us"

Your schedule is built around the children. Morning is for them. Evening is for them. Weekends are for them. You know this. It's not changing anytime soon.

But inside that busy schedule, there are small gaps. And what you do with those gaps determines whether your marriage grows or continues to drift.

These are called pockets of "us." Small moments that belong only to you and your husband.

The first ten minutes after the children sleep.

This is gold. Most couples waste it — one person goes on their phone, the other falls asleep immediately.

Instead, agree that for ten minutes after the last child sleeps, you sit together. No phones. Just talk. About anything — not the children, not bills. Something light. How your day really went. Something funny you saw. Something you've been thinking about.

Ten minutes. Every night. That's it.

Small? Yes. Powerful? Incredibly.

The morning send-off.

If your husband leaves for work every morning with just a "bye" and a distracted wave, you are missing a daily opportunity.

Stand at the door. Hug him properly. Look at him. Say something warm — "have a good day, I'll be thinking of you" or just hold the hug two seconds longer than usual.

That two-second hug follows him into his day. It tells him he's leaving someone who cares. And it makes him want to come back to you.

One meal, just the two of you.

Even once a week. After the children sleep. Even if it's just eba and soup reheated at 9pm. Sit at the table together, no phones, and eat like two people who chose each other.

It doesn't need to be a restaurant. It just needs to be intentional.

The Saturday morning ritual.

Find one small thing you can do together on Saturday mornings before the day gets loud. A walk around the estate. Sitting outside with tea while the children sleep in. Reading in the same room.

Something small and consistent that belongs to just you two.

The secret about pockets of "us" is not how big they are. It's how regular they are.

A few small consistent moments every week does more for a marriage than one big romantic weekend every year. Because consistency builds *familiarity*, and familiarity in a marriage means safety. And safety is where desire grows.

What Men Actually Respond To

Here is where many women overthink everything.

They think men want a certain body type. Or a woman who is always in a good mood. Or someone who never complains or gets tired. Or someone who looks like the women on Instagram.

That's not it.

What most men actually respond to is much simpler.

Respect.

Your husband wants to feel like you respect him. Not that you worship him or agree with everything he says. But that you value him. That you speak to him like he matters.

When a man feels disrespected — especially in front of his children or in the tone of everyday conversation — he withdraws. He stops trying. He stops reaching.

Check how you talk to him daily. Not just in big arguments. In small moments. Are you dismissive? Impatient? Do you correct him in front of the children?

These small things add up.

Warmth.

Men want to come home to a wife who is genuinely happy to see them. Not performing happiness — genuinely warm.

This doesn't mean pretending your day wasn't hard. It means choosing to receive him warmly before you unload everything on him.

Give him five minutes of warmth when he walks through that door. Before the complaints. Before the to-do list. Before the "your child did this and that today."

Five minutes of — *I'm glad you're home.* That's all.

To feel wanted.

This one is big and most women miss it.

Your husband wants to know that *you* want *him*. Not just that you need him to pay bills or fix things or help with the children. That you actually want him as a man.

Tell him. Show him. Reach for him sometimes instead of waiting for him to reach for you.

A man who feels wanted by his wife is a completely different man from one who feels tolerated.

To be seen.

Ask him how he's really doing and wait for the real answer. Notice when he's stressed. Acknowledge when he does something well. Remember what he told you mattered to him.

Most men carry a lot quietly. When their wife sees it and acknowledges it — without being asked — it creates a bond that is very hard to break.

None of these things are complicated.

Respect. Warmth. Being wanted. Being seen.

These are not expensive. They don't require a new body or a perfect house or more hours in the day.

They just require you to turn toward your husband again — with intention.

And intention, as you now know, is something you already have.

The distance between you and your husband didn't appear overnight.

And it won't close overnight either.

But every look held a second too long, every unexpected compliment, every ten minutes after the children sleep, every warm welcome at the door — these things add up.

Slowly. Steadily. Until one day you realize the wall is gone.

And it's just the two of you again.

That's what the next chapter is about.

Chapter 4: The Intimacy Rebuild

Getting back to each other — emotionally first, then everything else

Let's talk about the thing nobody wants to say out loud.

The physical side of your marriage has changed. Maybe it happens less often. Maybe it feels like a duty instead of a desire. Maybe you find yourself going through the motions just to keep the peace. Maybe it's stopped happening altogether and both of you are pretending not to notice.

You are not alone in this.

Across Nigeria, in fine houses and face-me-I-face-you apartments, in marriages that look perfect on Sunday at church — this is happening quietly everywhere. Women who love their husbands but feel nothing when he touches them. Men who have stopped trying because rejection hurts. Two people lying side by side in the dark, both wide awake, both silent.

It's more common than anyone admits.

And it is fixable.

But not the way most people think.

Physical Intimacy Problems Are Almost Never About the Physical

Here is the thing that changes everything when you finally understand it.

When the physical side of a marriage breaks down, most people immediately look for a physical solution. He thinks she needs to be more willing. She thinks he needs to be more understanding. Both of them are focused on the bedroom.

But the bedroom is not where the problem lives.

The bedroom is just where the problem *shows up*.

The real problem is almost always emotional. And until you fix what's happening emotionally between you, nothing in the physical space will truly change.

Think of it this way.

Your body is not a machine that can be switched on by the right button. It's connected to your mind, your feelings, your sense of safety, your history with this man.

If you feel unseen by him, your body will not open to him.

If you feel like a housekeeper and not a wife, your body will not respond.

If there is old resentment sitting between you — unspoken, unresolved — your body knows. And it will protect you from intimacy with someone it doesn't fully trust right now.

This is not a flaw. This is how women are wired.

Bola has been married for six years. Two children. She loves her husband. But anytime he reaches for her at night, something inside her closes up.

She doesn't know why. She feels guilty about it. She forces herself sometimes. Afterwards she feels worse, not better.

What Bola doesn't realize is that she is still holding three years of feeling invisible. Three years of doing everything alone. Three years of him coming home and going straight to his phone. Three years of feeling like a service provider in her own home.

Her body didn't forget any of that. And it's not letting her pretend everything is fine between the sheets when everything is not fine everywhere else.

The physical distance is just the emotional distance wearing different clothes.

How to Talk About Disconnection Without Fighting

So you need to have a conversation. A real one.

But every time you've tried before, it turned into a fight. Or he shut down. Or you cried and nothing got resolved. Or he got defensive and you got more frustrated.

This is normal. These conversations are hard. But they are necessary. And there's a way to have them that doesn't end in war.

Choose the right time.

Not when he just walked in from work. Not when you're already arguing about something else. Not when you're both tired and hungry.

Find a calm moment. Weekend morning. After a good meal. When the children are asleep and both of you are relaxed.

Timing is not everything — but bad timing kills good conversations before they start.

Start with yourself, not with him.

The moment a conversation starts with "you never" or "you always" — his ears close and his defenses go up. It's human nature.

Instead, start with how *you* feel.

Not — "you don't pay attention to me." But — "I've been feeling a bit invisible lately and I miss feeling close to you."

Not — "you never touch me anymore." But — "I've been missing our closeness. I want us to find our way back to each other."

Same message. Completely different landing.

One sounds like an attack. The other sounds like an invitation.

Say what you actually want.

Many women hint. They hope he will notice. They drop small signals and wait for him to catch them.

He won't.

Men are not bad at reading emotions because they don't care. They're bad at it because nobody taught them to look for those signals. Your husband is not your girlfriend. He needs you to say the thing directly.

"I want us to be closer. I want to feel connected to you again. I want us to work on this together."

Say it clearly. Without drama. Without blame.

A direct, kind request is almost impossible to fight with.

Listen to what he says too.

He has feelings about the disconnection as well. He may feel rejected. He may feel like he lost you to the children. He may feel like nothing he does is enough.

Let him say it without interrupting. Without defending yourself immediately.

This is not the time to keep score. It's time to understand each other.

When two people both feel heard in the same conversation, something shifts. The wall doesn't disappear — but a door opens in it.

Rebuilding Touch When Your Body Has Been "Touched Out"

This one is for the mothers who spend all day being grabbed, held, climbed on, and needed physically by small children.

By evening, your skin is tired. Your body wants to belong to itself for a few hours. When your husband reaches for you, your first instinct is — *please, not you too.*

This is called being touched out. It is very real. And it has nothing to do with how much you love your husband.

But here's the problem. He doesn't know what being touched out feels like. He just knows his wife pulls away when he reaches for her. And that hurts him in ways he probably hasn't told you.

The solution is not to force yourself through it every time.

The solution is to rebuild touch *gradually* — in ways that don't trigger that overwhelmed feeling.

Start with non-demanding touch.

There's a difference between touch that wants something and touch that just says *I'm here*.

Hold his hand while you're watching TV. Sit close enough that your shoulders touch. Put your feet on his lap. Rest against him for a few minutes before sleep.

None of these ask anything from your body. They're just warmth. Connection without pressure.

This kind of touch slowly rebuilds the bridge between you. It reminds your body that his touch is safe — different from the constant physical demands of small children.

Tell him what you need honestly.

If you're touched out on a particular evening, say so. But say it kindly.

Not — "don't touch me, I'm tired."

But — "today completely drained me physically. Can we just hold each other tonight? I just want to feel close to you without it going anywhere."

Most husbands will accept this when it comes with warmth instead of rejection. What men cannot handle is silence and cold shoulders. What they can handle is honesty wrapped in affection.

Protect some physical energy for him.

This requires some planning. If you know evenings leave you with nothing, try to protect a small reserve — not by doing less for your children, but by resting during the day when you can. Even twenty minutes of lying down while the children nap.

You cannot pour from an empty cup. A body that has been allowed to rest even briefly is a body that has a little more to give.

Let him know when things change.

When you're having a better day — when your body feels less overwhelmed — reach for him. Initiate something, even if it's small. A long hug. Sitting close. Even just a warm look that says *today I have more of myself to give you.*

This matters because it shows him that the pulled-back version of you is not the permanent version. That she's still there. That the door is not locked — it just needs the right moment.

The Small Gestures That Say Everything

You don't need to go on a couples retreat. You don't need to book a hotel or buy expensive lingerie or wait for a special occasion.

What you need are small gestures. Consistent ones. The ones that quietly communicate — *you are safe with me. I desire you. I am here for you.*

These three messages — safety, desire, availability — are the foundation of intimacy. And all three can be sent through very ordinary moments.

Gestures that say "you are safe with me."

Keep what he tells you private. Don't discuss his weaknesses with your friends or your mother. When he makes a mistake, correct him privately — never in front of the children or other people.

Say thank you for things he does — even things you expect him to do. A man who feels appreciated in his own home feels safe there.

Gestures that say "I desire you."

Touch him first sometimes. Don't always wait for him to initiate.

Tell him he looks good when he does. Tell him something specific you find attractive about him. These things seem small but they fill a tank in a man that often runs on empty in long marriages.

Look at him — really look — when he enters a room. Not a glance. A look that says *I see you and I like what I see.*

Gestures that say "I am available to you."

When he wants to talk, stop what you're doing when you can. Not always — you're busy and that's real. But sometimes, choose him over the chore.

When he jokes, laugh. When he's excited about something, be genuinely interested. When he's low, notice and ask.

Be someone he can come to. Not just someone who manages the house beside him.

Here is the truth about intimacy that nobody says simply enough.

Intimacy is not mainly about what happens in the bedroom. It is about two people who feel safe with each other, who want each other, and who choose each other daily in small ways.

The physical part follows naturally when those three things are in place.

You don't have to force it. You don't have to perform it. You just have to build the emotional foundation — brick by brick, day by day — until your body feels what your heart already knows.

That this man is yours. And you are his.

And that's still worth choosing.

The last chapter is about making sure all of this lasts.

Because rebuilding is one thing. But staying rebuilt — through school fees and work stress and difficult seasons — that takes something specific.

And that's exactly what we're going to talk about next.

Chapter 5: Staying Irresistible for the Long Game

This isn't a phase — it's a new version of your relationship

You've come a long way.

You understand now why the spark faded. You've started reclaiming yourself in the mirror. You're flirting again, creating moments together, rebuilding the emotional and physical closeness that life buried under responsibilities.

That's not small. That's everything.

But here's the question that matters most now.

How do you keep it going?

Because life will not stay calm. Another busy season is coming. School resumption. Work pressure. A sick child. Financial stress. A difficult month where everything demands your attention at once. These things will come — they always do.

And when they do, most couples fall right back into the same patterns. The distance returns. The routine swallows the romance. And one day they look up and realize they're back where they started.

This chapter is about making sure that doesn't happen to you.

Not because your life will be perfect. But because you'll have the tools to protect what you've built — even when life gets loud again.

How to Protect Your Progress When Life Gets Chaotic

The mistake most couples make is this — they treat the work of a good marriage like a project with a finishing line.

They put in effort. Things improve. They feel better. And then they relax completely, thinking the work is done.

But a marriage is not a project. It's a garden.

You don't tend a garden for three months, watch it flourish, then stop watering it and expect it to stay beautiful. The moment you stop, things start going back to bush.

Your marriage needs regular tending. Not grand gestures every few months. Small, consistent care. Every week.

Create non-negotiable minimums.

A non-negotiable minimum is the smallest thing you will do for your marriage no matter how busy life gets.

Maybe it's ten minutes of real conversation every night after the children sleep. Maybe it's one meal together per week with no phones. Maybe it's a goodnight kiss — an actual one — every single night without fail.

Pick two or three small things. Write them down. Commit to them even in the hardest weeks.

These minimums become the floor of your marriage. Life can get as crazy as it wants above the floor — but the floor stays.

Have a monthly check-in.

Once a month, sit together and ask each other two simple questions.

How are we doing? And — Is there anything you need from me right now that you're not getting?

Not a long dramatic conversation. Just two questions. Honest answers. No defensiveness.

This monthly check-in catches small problems before they become big ones. The small resentments, the small disconnections, the small needs that haven't been voiced — they all come out in this space before they harden into walls.

Chidi and his wife have done this for four years. They call it their "state of the nation" conversation. It lasts maybe twenty minutes. But those twenty minutes have saved them from at least a dozen big arguments they saw coming and handled quietly instead.

When you fall off, restart quickly.

There will be weeks where you do none of it. Where survival mode takes over and everything else falls away. A sick child, a family crisis, a brutal work deadline — life has a way of wiping out good habits temporarily.

This is normal. It doesn't mean you've failed.

The couples who stay strong are not the ones who never fall off. They're the ones who restart quickly when they do.

Don't let one bad week turn into one bad month. Don't let the distance settle back in by pretending it isn't there.

When you notice the gap returning, say it out loud to your husband. "I feel like we've been distant this week. Can we reset?" That sentence alone — said honestly — starts the repair before the damage goes deep.

Building a Marriage Identity That Includes the Kids But Isn't Defined by Them

Say this out loud: *We are not just parents. We are also a couple.*

A couple who chose each other before the children arrived. A couple who will still be together when the children grow up and leave. A couple with a history, a friendship, a private world that belongs only to them.

Many Nigerian couples forget this completely. Everything becomes about the children. Every conversation. Every plan. Every sacrifice. Every decision.

And then the last child leaves home — for university, for marriage, for their own life — and the couple looks at each other across the table and realizes they are strangers.

They poured everything into the children. Nothing into each other. And now the children are gone and there is nothing left between them.

Don't let that be your story.

Keep some things just for the two of you.

Inside jokes that only you two understand. A nickname only he calls you. A memory you revisit together sometimes. A song that belongs to your relationship. A restaurant that's "your place."

These small private things build a marriage identity. They remind you both that you are more than co-parents. You are companions. You have a *us* that exists outside of parenting.

Protect those things. Add new ones over time.

Talk about your future together, not just your children's future.

Most couples discuss the children's school fees, their WAEC results, their university plans. Very few discuss what *they* want their life to look like in ten years.

Where do you want to travel together? What do you want to build? What does your retirement look like? What do you want to experience as a couple when the house is quieter?

These conversations are not irresponsible. They are necessary. They remind both of you that you have a future together — not just responsibilities together.

A couple with a shared dream stays connected in ways that couples without one never can.

The Habits of Couples Who Stay Deeply Attracted for Decades

You've seen them. The couple in their sixties who still hold hands at church. The husband who still opens the car door for his wife after thirty years. The couple who still laugh together loudly like they did when they first met.

They don't have a secret. They just have habits.

Specific, consistent habits that kept the connection alive through all the seasons life threw at them.

Here are the ones that show up again and again in marriages that genuinely last.

They choose kindness in ordinary moments.

Not just in big romantic gestures. In the small daily interactions. The way they speak to each other in the morning. The way they respond when the other person is in a bad mood. The way they handle small frustrations.

Couples who last are not always in a good mood with each other. They argue. They annoy each other. But underneath all of it, there's a baseline kindness that never disappears.

They don't use words as weapons. They don't bring up old wounds in new arguments. They fight the issue, not the person.

Choose kindness as a daily habit — not because your husband always deserves it, but because your marriage does.

They stay curious about each other.

The worst thing that can happen in a long marriage is for a husband and wife to stop being interesting to each other. To think they already know everything the other person thinks and feels and wants.

People change. Your husband at forty is not the same man you married at twenty-eight. You are not the same woman either.

Stay curious. Ask him questions you don't know the answers to. What's he thinking about lately? What's been bothering him that he hasn't said? What does he wish was different about his life right now?

A wife who is genuinely curious about her husband is a wife he wants to come home to.

They protect each other's dignity.

Never mock your husband in public. Never use his vulnerabilities against him in arguments. Never discuss his failures with people who don't need to know.

And ask him to do the same for you.

Couples who last long are fiercely protective of each other's reputation and dignity. Even when they're angry with each other privately, they present a united front to the world.

This creates a deep safety between two people. And safety, as you now know, is where attraction lives.

They keep growing individually.

The most attractive person in a long marriage is usually the one who keeps becoming more interesting over time.

Keep learning something. Read. Build a skill. Pursue something you're passionate about. Have opinions. Have experiences that are yours.

A woman who is growing is a woman who has things to bring to the table — stories, ideas, energy, perspective. She doesn't disappear into her marriage. She brings herself fully into it.

Your husband didn't fall in love with a function. He fell in love with a person. Keep being one.

They say the things that could be left unsaid.

"I'm proud of you." "I appreciate everything you do." "I still find you very attractive."
"I'm glad I married you."

These things can be left unsaid. In most marriages, they are.

Say them anyway. Regularly. Without waiting for a special occasion or for him to say it first.

Words of genuine affirmation between a husband and wife are like water to the roots of a marriage. You can't see exactly where they go. But everything above the ground grows better because of them.

Your 30-Day Roadmap

Everything in this book means nothing if it stays in your head.

This roadmap takes everything you've learned and puts it into daily action — one small step at a time. Nothing here is extreme. Nothing requires extra money or extra hours. Just intention, applied consistently.

Week 1: Start With Yourself

Days 1 — 7

This week is entirely about you. Before you change anything in your marriage, you stabilize yourself.

Day 1 — Stand in front of your mirror for two full minutes. Look at yourself without criticism. Just look.

Day 2 — Wear something from your wardrobe that you actually like. Not your best outfit. Just something that makes you feel like a person.

Day 3 — Take a proper bath or shower today. Slow. Intentional. Use something that smells good.

Day 4 — Write down three things you used to love about yourself before children. Not physical things. Character things. Qualities. Keep this somewhere you can see it.

Day 5 — Protect 15 minutes today that belong only to you. Tea. A walk. Silence. Anything that's just yours.

Day 6 — Moisturize your body slowly today. With attention. Like it matters. Because it does.

Day 7 — Write down one specific thing you miss about your relationship with your husband. Not vague — specific. Keep this for next week.

Week 2: Turn Toward Him

Days 8 — 14

This week, you begin closing the distance. Small moves. Consistent ones.

Day 8 — When he comes home today, stop what you're doing and welcome him properly. Warmly. Give it thirty seconds.

Day 9 — Say one specific compliment to him today. Not general — specific. Something you actually mean.

Day 10 — Touch him without it needing to go anywhere. A hand on his shoulder. Sitting close. A proper hug.

Day 11 — Send him one message during the day that has nothing to do with children or logistics. A memory. Something funny. Just because.

Day 12 — Ask him one question tonight that you don't already know the answer to. About his day, his thoughts, anything. Then really listen.

Day 13 — After the children sleep, sit together for ten minutes. No phones. Just exist in the same space intentionally.

Day 14 — Tell him one thing you appreciate about him as a man — not as a father, not as a provider. As a man. The person he is.

Week 3: Go Deeper

Days 15 — 21

This week, you begin the emotional rebuild.

Day 15 — Have a short, calm conversation about how you've both been feeling lately. Use "I feel" not "you never." Keep it under fifteen minutes. Keep it kind.

Day 16 — Do something small that he enjoys — not because you have to, but as a gift. Cook something he loves. Watch something he likes. Let him choose what you do tonight.

Day 17 — Initiate physical closeness tonight. Even if it's just lying close. Reach for him first.

Day 18 — Protect one hour this week that is just for you two. No children if possible. A drive. A walk. Sitting outside at night.

Day 19 — Say sorry for one thing you've been holding onto. Even if it's old. Even if it's small. Clear the air.

Day 20 — Ask him what he needs from you right now that he's not getting. Listen without defending yourself. Just receive it.

Day 21 — Tell him what *you* need from him right now. Directly. Kindly. Without hints.

Week 4: Build the Foundation

Days 22 — 30

This week, you lock in the habits that will carry your marriage forward.

Day 22 — Decide your two non-negotiable minimums for your marriage. Write them down together if you can.

Day 23 — Talk about one dream you have for your future together. Not the children's future. Yours.

Day 24 — Do something today that's about your individual growth. Sign up for something. Start something. Invest in yourself.

Day 25 — Protect his dignity today in a visible way. Speak well of him to someone. Defend him. Praise him in front of your children.

Day 26 — Bring back one thing that used to be part of your relationship. A food you used to eat together. A song. A joke. A place. Something that says — *I remember us*.

Day 27 — Write him a short note. Not long. Just — something real. What you feel. What you appreciate. What you want for you two. Leave it where he'll find it.

Day 28 — Set a date for your first monthly check-in. Put it in your phone. Make it real.

Day 29 — Look back at day 4 — those three things you loved about yourself. Have you been living them this month? If yes, celebrate that. If not, choose one to start today.

Day 30 — Sit with your husband tonight and tell him one thing that's changed for you this month. It doesn't have to be a big speech. Just one honest thing. Then ask him if he's noticed anything different.

Let him answer. Really listen.

Then hold his hand.

You've done the work. Let him feel it.

You Are Not the Same Woman Who Started This Book

Think back to the introduction.

The woman who felt invisible. Who looked in the mirror and barely recognized herself. Who loved her husband but felt like they were strangers living under the same roof.

Is that still fully you?

If you've read every chapter honestly, if you've sat with the hard questions, if you've started even a few of the small things — something has already shifted.

You understand now what actually happened to your marriage. You know that the distance wasn't the end — it was just drift. And drift can be reversed.

You know that desirability starts inside you, before he ever looks at you. You know that attraction is rebuilt in small consistent moments, not grand gestures. You know that emotional closeness is the door to everything else.

And now you have a roadmap.

Your marriage is not broken.

It was just waiting for someone to choose it again.

You are that someone.

Go be irresistible — not for him, not for validation, not to compete with anyone.

Be irresistible because you remembered who you are.

A whole woman. A loving wife. A person with warmth and depth and beauty that no amount of school runs and sleepless nights could ever fully extinguish.

She was always there.

Now she's back.

And this time, she's staying.

Conclusion: You Were Never Really Gone

A final word on coming back to yourself — and back to each other

You made it to the end.

And that means something.

Not everyone who picks up a book like this finishes it. Many women start, feel too seen in the first chapter, and quietly put it down. Because sometimes the truth about where your marriage is — and where *you* are — is uncomfortable to sit with.

But you sat with it.

You read every chapter. You faced the hard questions. You looked at your marriage honestly and you looked at yourself honestly. And that kind of courage is not small.

That is actually where everything begins.

Let's go back to the beginning for a moment.

Remember the woman in the introduction? The one who felt invisible. Who was so deep inside "Mummy mode" that she forgot she was also a woman. Who loved her husband but felt like they were two strangers managing a household together.

Maybe that woman felt very familiar when you first met her.

Maybe she felt exactly like you.

Here's what I want you to understand now that you've read everything.

That feeling of invisibility — of having lost yourself, of having lost your marriage — was never the truth about you.

It was just a season.

A long, heavy, exhausting season. But a season all the same.

Seasons change. You know this. You've lived in Nigeria long enough to know that even the hottest dry season eventually gives way to rain. The harmattan that cracks your lips and dries your skin does not last forever. The rains always come back.

You were always the rain.

You just had to remember it.

There's a Yoruba proverb that says — *Omi tí a bò, kò gbàgbé ìsun rẹ̀*. The water that is covered does not forget how to flow.

That's you.

Life covered you. Responsibilities covered you. Exhaustion covered you. Motherhood — beautiful, demanding, all-consuming motherhood — covered you.

But underneath all of it, you never stopped being yourself. You never stopped being a woman with desires and warmth and depth and the capacity to love deeply.

You were just covered.

This book was about uncovering you.

And what about your husband?

That man has been waiting too. Even if he didn't know how to say it. Even if he showed it badly sometimes — by withdrawing, by being distant, by burying himself in his phone or his work.

Men don't always say *I miss my wife*. But they feel it.

They feel it when they come home and the house is just logistics. When the woman they married seems more like a manager than a companion. When they can't remember the last time she laughed freely with them or reached for them first or looked at them like they were someone worth looking at.

He has been missing you too.

And you coming back to yourself — confident, warm, intentional, present — that is the gift he has been waiting for without knowing how to ask for it.

I want to be honest with you about one more thing before we close.

This journey will not always be smooth.

There will be weeks where you fall back into old patterns. Where you're too tired to try. Where he says something that hurts and you close up. Where the children consume everything again and the marriage goes quiet.

That's not failure. That's life.

The goal was never perfection. The goal was awareness. Knowing what a healthy marriage needs. Knowing what *you* need. Knowing how to restart when things go off track.

And now you know.

That knowledge doesn't leave you. Even in the hardest seasons, it sits inside you and whispers — *you know what to do. Start small. Start today.*

Think about Mama Chukwuemeka on your street.

The one who has been married for thirty-two years. Who still dresses well when her husband is coming home. Who still calls him "my darling" in front of everyone without shame. Whose husband still pulls out her chair at family gatherings like it's the most natural thing in the world.

People look at them and say — *they're just lucky.*

But it's not luck.

It's thirty-two years of small choices. Choosing to be kind when it was easier to be cold. Choosing to reach out when it felt safer to withdraw. Choosing to invest in each other even when the children were small and money was tight and life was heavy.

Day by day. Season by season.

That's what lasting love actually looks like up close.

Not a feeling that never fades. But a choice that never stops being made.

You can have that.

Not a perfect marriage. Not a marriage without arguments or hard seasons or moments of distance.

But a marriage with a strong enough foundation that nothing life throws at it can fully break it.

A marriage where both of you feel seen. Wanted. Safe. Chosen.

A marriage that your children grow up watching — and quietly learning from — what love between two adults actually looks like when it's tended with care.

So here is my final word to you.

Go home to your husband — emotionally, physically, intentionally.

Not because a book told you to. But because he is yours and you are his and that is still worth everything.

Go back to the woman in the mirror and make peace with her. She has been through a lot. She deserves your kindness more than your criticism. She deserves to feel beautiful in her own eyes first — before anyone else's.

Go back to the small things. The ten minutes after the children sleep. The proper welcome at the door. The specific compliment. The touch that asks for nothing. The look held one second too long.

These things are not small. They are everything.

You were never really gone.

You were just waiting for someone to remind you that you were still there.

Consider yourself reminded.

Now go live it.

With love and respect for every woman who chose to read this book and chose — even quietly, even imperfectly — to choose her marriage again.

You are enough. You always were.

THE END