

# Why It's Not Enough to Just Spend More Time With Your Partner, According to a Psychologist

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Many people come to therapy worried that they may not be spending enough time with their partner. They ask questions like:

- “My partner wants us to spend time together every day but I can't because of my busy work schedule. How do we overcome this?”
- “My partner and I spend a fair bit of time together every week, but lately I've been feeling a little distant from them. Will making more time for each other help?”
- “My partner loves to go fishing, but I don't really enjoy it. We don't get a lot of 'us' time, so when he asked me to join him I couldn't say no. Is this healthy?”

We know that spending time with our significant other is important. However, it is crucial to understand that there is a distinction between 'quantity time' and 'quality time.'

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