

## 7 Easy Steps To Keeping The Sizzle and Spark In Your Relationship"



### The 7 Secrets of Happy Couples . . .

Let's face it. Even the best of relationships can get into a rut. There are so many demands on your time. You have had to put life's priorities into an entirely different order than when your relationship started. Remember those endless nights of talking when you felt energized the next morning – even though you only had a few hours sleep. You spent your days looking forward to seeing each other. Now it seems as if your conversations are about everything but the two of you. Did you know that the average couple only communicates with each other 12 minutes a day? . . . and yes this includes all forms of communication added up.

So here is a plan just for you to get back that **Sizzle and Spark** in your relationship.

#### Step One:

Forgive, Forget and Move on from what was. Remember you are trying to create **Sizzle and Spark** not start another fire. Make a pact to move on. Quit carrying around all the words, misunderstandings, fights, hurt, and pain. You don't want to relive that stuff. Send it away. The past can't be changed but your future life together can. Start now.

#### Step Two:

Go to bed at the same time. Remember the beginning of your relationship, when you couldn't wait to go to bed with each other to make love? Resist the temptation to go to bed at different times. Go to bed at the same time, even if one of you wakes up later to do things while their partner sleeps. Nothing is more important than bringing back the **Sizzle and Spark**. Don't be tempted to turn on the TV. This will not send out the right message.

### **Step Three:**

Cultivate common interests. After the passion settles down, it's common to realize that you have few interests in common. But don't minimize the importance of activities you can do together that you both enjoy. If common interests are not present, find ways to develop them. At the same time, be sure to cultivate interests of your own; this will make you more interesting to your mate and prevent you from appearing too dependent. That energy and confidence is what attracted them to you in the first place.

### **Step Four:**

Walk hand in hand or side by side. Rather than one partner lagging or dragging behind the other, walk comfortably hand in hand or side by side. Know that it's more important to be with their partner than to see the sights along the way. Think about what that says to the other person . . . you matter more and I am proud to be by your side. Great messages to send to the one you love to get back to that **Sizzle and Spark**. Put nothing else in between the two of you, even children.

### **Step Five:**

Focus more on what your partner does right than what he or she does wrong. If you look for things your partner does wrong, you can always find something. If you look for what he or she does right, you can always find something that made a positive contribution to you. It all depends on your mindset. It is a total turnoff to be picked at all the time. Do a complete 360 and turn it all around by choosing to point out the good. After all, you are trying to bring them closer to you . . . not push them farther away.

### **Step Six:**

Hug each other as soon as you see each other after work. Our skin has a memory of "good touch" (loved), "bad touch" (abused), and "no touch"(neglected). Connect right away with touch and carry out this ritual each and every day. Remember that it is those first few moments that set the tone for the rest of the evening and whether or not you get to **Sizzle and Spark** later on. By the way, you will always be that safe haven from the world by embracing and enfolding the one you love as they walk through the door

### **Step Seven:**

Do a "weather" check during the day. Call your partner at home or at work to see how his or her day is going. This is a great way to adjust expectations so that you're more in sync when you connect after work. For instance, if your partner is having an awful day, it might be unreasonable to expect him or her to be enthusiastic about something good that happened to you. Say "I love you" and "Can't wait until you get home" Imagine the impact and affect at knowing someone looks forward to seeing you. They will be thinking about you all the way home and by following the above steps as well, things are sure to **Sizzle and Spark In Your Relationship**.

Even if these actions don't come naturally; stick with them until they do become a part of your relationship. You already know that it takes 30 days for a change in behavior to become a habit, and a minimum of six months for a habit to become a way of life and love. What it comes down to is habits. Happy and successful couples have different habits than unhappy and unsuccessful couples. And habits are specific behaviors that you do on a consistent basis until you internalize them into your personality. Give this enough time to actually work. Your efforts will be noticed in the long run and the passion will return. This is as much about having the relationship you want and you are already showing your willingness to take action by the time you have taken to read these steps. They do work. Please know that you can also ask me questions by submitting an email to: [Debbie@facesoftheheart.com](mailto:Debbie@facesoftheheart.com) and visiting the web site: <http://www.facesoftheheart.com> for more tips.

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