

Give Your Relationship a Fresh Start

Does your relationship feel stale? Are you bored, lacking in romance or is there an absence of excitement? Well you can't just wish for a change. You have to be intentional. Here are four small ways to make a big difference.

Touch your partner.

Seems obvious right? You need to go the extra mile here. Try standing face to face and embrace one another deeply and strongly while you both inhale and exhale together three times. Repeat this embrace two more times. A simple "three breath hug" can be a very relaxing way to connect. It's a ritual you can share everyday. And at bedtime- no grandma kisses allowed! Passionately kiss your partner goodnight.

Share Appreciation

No matter how you do it, make a point to do it. Say it,

write it, text it. Share something you love, admire, or appreciate about your partner. Get specific. Tell them about the times you saw these qualities in them. Like the time they helped your mom and dad put up their holiday decorations or the time they went out of their way to help a neighbor. Say how much you love how thoughtful and kind they are.

Tease each other

You need to tease your partner. Build some anticipation for the night ahead. Give a seductive wink over breakfast, whisper something enticing in their ear before they head off to work. Text some emojis. Be playful to liven things up!

Sensual touch

Tantalize your partner by sensually touching them. This could be a hand rub, a foot rub or a gentle kiss on the neck

while they are doing some mundane chore. Bring the electricity and passion back by making these small but significant efforts. You will spice things up again by making one another a priority.

Take a few minutes everyday to touch your partner. Talk to them. Tease and tantalize them and enjoy a relationship reboot!

By Rich Dempsey, LPCC, Gottman Leader, at Avenues of Counseling and Mediation, LLC, in Medina Square.

EMBRACE

and everything that brings out the best in us

the Seven Principles for Making Marriage Work

WEEKEND INTENSIVE WORKSHOP
FOR COUPLES ENRICHMENT

Offered at



avenues of counseling
and mediation llc



Learn from the groundbreaking research of **Dr. John Gottman**, a leading authority on relationships and marriage, in this intensive weekend workshop. Gain insights into the seven principles that can transform your relationship and bring lasting happiness!

Sign up for the next FREE Virtual Intro Class

Avenues of Counseling and Mediation, LLC
230 S Court St. Medina
AvenuesofCounseling.com

