

Fanning The Flames



Rewing Up The
Romance In Your
Relationship

You have all kinds of opportunities to bring romance back into your relationship and keep it there where it belongs! ***When you focus your thoughts and efforts on being the one to create those sizzling feelings again, you'll be amazed at what you can come up with.***

You know you want to!

Complete this workbook to maintain the heat with your partner so you can experience the joys of an everlasting love.

1. **Continue "courting."** Know how to play, flirt, use charm, and carve out time to do those things. Commit to consistently spend time together as a couple. Check off the activities that you'll invite your partner to do with you in the next month. Use an "X" if you're willing to try the activity before the year is out.

- | | |
|--|---|
| <input type="checkbox"/> Dinner and a movie | <input type="checkbox"/> Visit a street fair in your community |
| <input type="checkbox"/> Lunch and mall shopping | <input type="checkbox"/> Farmers' or antique market on Saturday morning |
| <input type="checkbox"/> Breakfast out | <input type="checkbox"/> Night of dinner and dancing |
| <input type="checkbox"/> Picnic and long walk in a nearby park | |

Ballroom dancing lessons

Other (your ideas)

Attend a play, musical, or performance

Nature hike

2. **Know how to communicate.** Focus on each other when you're talking. Use a friendly tone of voice and show special kindness and courtesy when you're communicating. Which of the following strategies do you utilize when speaking with your mate? Mark them with a checkmark. Circle those you need to work on.

Refrain from interrupting.

Respond with a verbal cue that you're listening (like "I see," "Uh-huh," and others).

Look at them when they're talking.

Use a friendly, quiet voice.

Focus all your attention on your partner.

Avoid transmitting frustration, annoyance, and anger in voice tone.

Listen intently.

3. **Avoid arguments.** Although you might see a debate as fun or your chance to assert your intelligence, it usually doesn't invoke positive and romantic feelings in your partner.

Do you do everything possible to avoid such negative discussions?

If not, what compels you to argue with your special love?

Check off below the actions you need to take to avoid negative discussions.

- Stop trying to manipulate to get your way.
- Be rational and ask directly for what you want.
- Keep track of your own feelings during unsavory discussions.

- Put a label on your feelings so you can share them.
- When you start feeling angry, state it aloud appropriately.
- Watch your tone of voice and keep it diplomatic rather than angry.
- Give yourself a time-out before you “lose it” if you start feeling angry.
- Take notice of your partner’s changing emotions and share what you see when helpful.
- If you aren’t getting anywhere in your talk, say so.
- Refuse to take part in an angry disagreement by not responding to a troubling comment.

4. **Take time to know everything about your mate.** Do you know what your partner likes to do?

Do you know your partner’s favorite hobbies, authors, sports activities, favorite colors, pet peeves, favorite musicians, and preferred television shows?

If not, what can you do to discover these things? Be specific.

5. Share your true emotions honestly with your partner. *If you want your romance to sizzle, it's important that you let your lover in to your emotions.* When you do, you'll enhance the closeness you have with her.

Here's how you can start:

- Know first how you truly feel.
- Be genuine with your mate about what you're feeling.
- Accept the vulnerability that comes with sharing.

What is holding you back from sharing your emotions with your partner?

What will you do to begin sharing real feelings with your love?

6. Understand intimacy and how to increase it. Before you read this guide, what did the word, "intimacy" mean to you?

How has your concept of intimacy changed?

Using inspiration from the guide's suggestions, what will you do to increase the intimacy in your love relationship?

7. Learn to use body language to demonstrate your feelings to your mate. How you express yourself through body movements is known as “body language.” ***You can actually demonstrate to your partner how much you love them simply by how you conduct yourself physically.***

Place a checkmark by the body language techniques you currently use when you’re with your lover. Circle the techniques you’ll try over the next 3 months to expand your repertoire.

Hold hands when you’re out in public.

Give random hugs.

Give your partner a back, neck, or shoulder rub.

Lean toward them when they’re speaking.

Touch their arm while talking to them.

Stand close together when you’re out and about.

Put your arm around her shoulders.

8. Plan special times together. When you make room in your schedules for special activities, it shows how much you mean to each other. Celebrations of milestones and holidays that hold special meaning provide the perfect opportunities to ramp up the romance. Consider these extra-fantastic “dates” as your chance to build life’s best memories together.

Set up “surprise” dates you know your partner will love. For example, if he’s a fisherman, rent a large boat and captain for an afternoon spent on the river, lake, or ocean nearby.

Use this space to brainstorm about ideas for special dates with your partner.

For extra-special celebrations, set up a short get-away so you can both enjoy each other. This time, think about brief overnight trips you could plan that your mate will love. List your ideas here.

Design a fantastic Valentine's Day celebration. Write down your ideas for it here.

Do you take consistent vacations with your lover at least yearly? If not, why not?

When and where was the last vacation you took together? Did you truly enjoy each other's company? Why or why not? If you didn't have a good time, what could YOU have done differently so the trip would have been more fun?
