

# *Fanning The Flames*



Rewing Up The  
**Romance** In Your  
Relationship

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*“The word 'romance,' according to the dictionary, means excitement, adventure, and something extremely real.*

*Romance should last a lifetime.”*

**~Billy Graham**

If you're in a solid, long-term love relationship, you know how challenging it can sometimes be to keep the romance going. After the newness of a relationship passes, it's all too easy to become complacent. You might even feel your passion waning. Do you long for those exciting feelings again?

***The good news is that you still have many ways to fan the flames of romance and keep your passion ablaze!***

This book covers the most important elements of re-kindling your romance and keeping the fire burning throughout a long and happy love life together.

**You'll discover how to:**

- \* Create more sparks by "courting" each other
- \* Avoid arguments with effective communication
- \* Draw closer together by learning more about your partner
- \* Enhance your romance by openly sharing your feelings
- \* Understand and increase your intimacy
- \* Keep the fires of romance burning with your body language
- \* Turn your relationship into a passionate, ongoing love affair

If you read this book with an open mind and take action to incorporate these tips into your everyday life, you'll find yourself enjoying a relationship full of romance.

*"Romance is the glamour which turns the dust of everyday life into a golden haze."*

**~Carolyn Gold Heilbrun**

## **"Courting" to Keep Your Love Alive**

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One of the biggest mistakes you and your partner can make is to get sucked into the chaos of everyday life. When you do, all those lists of things to do and errands to run take over your life and your relationship suffers.

Making a real effort to continue "courting" each other throughout the humdrum of everyday life will keep you close and enhance the flames of romance.

**So how do you “court” each other? Try these ways:**

1. **Keep your love relationship in the forefront of your mind.**  
Even though you have jobs and kids, ***you still deserve to think about each other in ways that encourage romantic feelings.***

- \* Ponder often about how you got together.

- \* Reflect on the “story” of your early budding love.

- \* Recall all those emotions you felt when you first met.

2. **Plan to have fun together.** Spend time alone together simply to enjoy yourselves as a couple. Doing so will take effort but if you both share the responsibility for the planning, you’ll have wonderful experiences together.

- \* The bonus is it’s a fantastic way to stay connected.

3. **Use charm.** When you’re charming toward another human being, it shows that you think they’re worth your time and effort. So what does it mean to be charming? When you show charm, you’re making an effort to be interesting, fascinating, and even beguiling toward your partner. You want to enhance your lover’s interest in you.

- \* ***When you use charm, your partner will find you very romantic.***

4. **Ask your honey for a date.** They'll be thrilled you have something in mind – perhaps even anticipate with excitement what you have planned.
  
5. **Do the things together you enjoyed as a new couple.** If you both loved dinner out followed by a movie when you first started going out, then plan to do those activities at least every month. Maybe taking bike rides or going to flea markets was an important aspect in your early relationship. If so, indulge in those activities.  
  
\* ***You'll be pleasantly surprised at how doing the things you used to enjoy can revive your romantic passions toward each other.***
  
6. **Flirt.** Get that look in your eye. When you're on your date, playfully tease about what you did last night. Better yet, say you can't wait until tonight.
  
7. **Give occasional surprise gifts.** Such gifts don't have to be expensive. Keep in mind the whole idea of a gift is, "I was thinking of you and wanted you to have this" rather than, "Look how much money I spent on you." It's very sweet to give your sweetheart a gift for no reason other than you love them.

When you practice these strategies, you'll enjoy the riches of romance that just keep happening for you and your special love.

*"I think that men know how to romance a woman and most do it well, at least for a time, otherwise women wouldn't marry them. The problem is that most of them begin to rest on their laurels.*

**~Nicholas Sparks**

## **Know How to Communicate With Your Partner**

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Create ongoing romantic feelings by talking with each other in ways that show you care. ***How you express yourself to your lover lays the foundation for a passionate partnership.***

### **Consider these strategies for loving communication:**

1. **Focus your attention on your lover when she's talking.** When your partner is expressing something to you and you make a concerted effort to listen to what she's saying, it will make her love for you soar. Drop what you're doing and see what's on her mind.
  - \* Are your eyes looking only at her when she speaks?
  - \* Do you turn down the television and show that she's your first priority?

- \* Say something like “I see what you mean” to show your interest.
2. **When you’re talking, use moderated voice tones.** By moderated, we mean friendly and not too loud in volume. Sometimes, what you’re trying to get across doesn’t quite make it due to the volume of your voice or the particular expression in it. Strive to speak in a low volume. Besides, isn’t it a bit sexy to get close when you’re conversing with your special someone?
  3. **Be courteous.** Remember how you behaved during your developing relationship? Remind yourself to always be courteous to your mate, whether you’re on a date or simply at home together. The concept and use of courtesy can erode during a long-term love relationship.
- \* If you keep courtesy in your mind when you’re communicating, you’ll experience a much closer relationship.

***How you speak to your partner is every bit as important as what you say.*** You can enhance romance by using these helpful communication techniques in your daily lives. Spend a week focusing just on these skills. You’ll be amazed at the difference it will make in your romance.

*“All I really, really want our love to do is to  
bring out the best in me and in you too.”*

***~Joni Mitchell***

## Avoiding Arguments

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As you've probably guessed, avoiding arguments is an important aspect of your communication with your partner. If you want to fan the romance flames, it's wise to refrain from angry words. How can you successfully avoid angry arguments?

**Use these strategies to avoid communicating in ways that diminish your romance:**

1. **Say what you mean and mean what you say.** Avoid manipulating your partner to get what you want. Instead, ***be honest and open*** about what you want. Share your ideas and how you really feel.
  - \* ***Use tact and courtesy*** while making your point to your lover. After all, it's your lover you're talking to – the person you love most.
2. **Monitor your own feelings during discussions.** Have you noticed, for example, that every time your spouse mentions cleaning the garage, you kind of smirk and roll your eyes? ***Such visceral reactions are your cues to figure out what you're actually feeling.*** Maybe you're annoyed because the issue was brought up once again.

- \* ***The key is to identify what you're feeling, determine why you feel that way, and figure out something you can do in this situation to experience more positive feelings.***
  
- \* It's important to understand your feelings, because otherwise, you could find yourself in the middle of an argument and not even know how you got there. To make your relationship sizzle, stay in touch with how you feel.
  
- 3. **Watch your tone.** Nothing will prevent your lover from hearing what you're saying like a disturbing tone of voice. When you use care with your tone, it shows. Your partner will appreciate it.
  
- 4. **Take a time-out.** If you tend to get all steamed up as discussions escalate, have the initiative to take a break. Simply state, "I need a break to re-focus. Let's talk about it after dinner." You could also add that you're interested in negotiating a successful resolution.
  
- \* ***When you're excusing yourself from a heated debate, use an "I" statement and a feeling word*** to explain to your partner what's going on with you. Then, state when you're willing to return and finish the discussion.
  
- 5. **Share what you're noticing about your partner's emotions.** When you're engaged in a lively discussion, if you hear "that tone" in your lover's voice or see he's no longer making eye contact with you, mention it.

- \* Say something like, "I'm concerned because I can tell that you're annoyed with me about something."
  - \* Making an open statement like this one allows a brief "break" in the exchange and gives your partner an opportunity to articulate what he's feeling and why.
6. **State the obvious.** Whenever it's apparent you aren't getting anything accomplished during your "spirited" conversation, say it.
- \* For example, say something like, "I don't think we're actually solving anything right now. Let's table the issue for now to give us each time to think about this situation."
7. **Stop talking.** If you find yourself in the middle of an argument and aren't sure how to stop it, simply stop talking. The fact is that ***it's impossible for one person to argue***. If just one of you steps up and decides to stop responding, the negative situation will often fizzle out.

Because couples experience occasional disagreements, it's wise to know these tips to avoid angry debates. When your partner sees you keeping your cool during challenging times, she'll appreciate it and it might actually draw you closer. When you're emotionally closer, there's more opportunity to cultivate romance.

*"For me, romance isn't an over-the-top act. It's someone offering to help and to support me. Or if that person thinks I'm making the wrong decision, he'll tell me. I want him to be honest, because being that honest takes a lot of guts."*

**~Thora Birch**

## **Take Time to Know Everything About Your Special Someone**

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Although after some years you may believe you know everything there is to know about your partner, you'd be surprised about the stuff you haven't yet learned. One of the many nice things about being in a long-term romance is that ***the excitement and interest can just keep building over the years, as long as you take steps to make it happen.***

**Review these points about how to find out more about your loving spouse in order to strengthen your romantic ties:**

1. **What does your partner like to do in his spare time?** When there are no demands placed on your partner, watch him to see what he chooses to do. Simple observation will reveal quite a bit. What does he loved to be involved with?

2. **What are your partner's comments?** Noticing what she says, how she says it, and how she reacts to certain people, places, and things will provide you with the knowledge you need to keep your love life glowing.
  
3. **Think of new ways to get to know your partner.** Consider these questions to discover new info about your partner:
  - \* What does she think about certain politicians?
  
  - \* What does he say whenever the Oprah Show comes on?
  
  - \* Who's her favorite newscaster?
  
  - \* What are his hopes and dreams for the future?
  
  - \* Where does she want to be in five years?
  
4. **Ask their opinion about specific people, places, and situations.** Inquire about their view regarding a famous court case, a recent arrest of a celebrity, or a sensational event in the news. You'll learn a lot about your spouse as you ask about such issues over time, and this helps to solidify your relationship as you grow and change together.

When you take time to know everything there is to know about your partner, you gather knowledge that will help you determine new and different ways to rev up your romance.

*“Love is like a friendship caught on fire.  
In the beginning a flame, very pretty, often hot and fierce,  
but still only light and flickering. As love grows older,  
our hearts mature and our love becomes as coals,  
deep-burning and unquenchable.”*

**~Bruce Lee**

## Opening Up Emotionally with Your Partner

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When you easily share your genuine feelings with the love of your life, and they do the same with you, you create a close bond that inspires romance.

**If you find yourself struggling emotionally about what to say and not say, use these tips to ease your burden:**

1. **Be clear with yourself about what you’re feeling.** Step one is to know how you’re feeling before you can honestly share it with your special someone.

2. **Just be honest.** State “I’m disappointed that we didn’t go to the movies last night” rather than “We always do everything you want to do.” The first statement shares your true feelings while the second is more of an attack on your partner. You stand a real chance of enriching your level of romance if you’re honest about your own feelings.
3. **Recognize and accept your vulnerability.** When you share your true emotions with someone, you’re in a vulnerable position. You’ve probably figured out that the more a person knows how you really feel about something, the likelier it is that he or she could somehow use it against you.
  - \* However, you must consider that the vulnerabilities of love are small compared to the joys you’ll experience from a meaningful love relationship.

In essence, like poker, you must “go all in” when it comes to romance. When you do, the riches are great. Understand the vulnerability of opening up emotionally and then do it anyway. Your relationship, love for each other, and romance will deepen as a result.

*“I think romance is anything honest.  
As long as it's honest, it's so disarming.”*

**~Kristen Stewart**

## What is Intimacy and How to Increase It

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Intimacy can be defined as having a close emotional relationship in which you both feel warm toward the other and experience familiarity. The word, “intimacy” can also mean “sexual.” However, in this guide, we refer to intimacy as having real feelings of warmth, familiarity and a close emotional relationship with one another.

These elements that enhance intimacy might very possibly encourage an improved sexual relationship as well. ***When you achieve true intimacy in your love relationship, anything is possible.***

In particular, the romantic feelings you experience for one another will multiply and last over the years.

### **Try these strategies to step up the intimacy in your relationship:**

1. **Touch each other often when you're together.** Although we're not actually talking about getting sexual here, you can include sensual touch in your efforts to increase intimacy. When you physically touch throughout the day, you'll find that you think about your partner more and feel closer.

2. **Make contact with your partner throughout your day, if possible.** Even if you both work full-time, you can find bits of time and create pathways to touch base. For example, call each other during your breaks.
  - \* Send a quick “love text.” You might even type up a short but sexy e-mail, as long as you’re not using your business’s equipment or network to do so.
  - \* ***The subject of your contacts ideally should be about you.*** You could say something like, “I can’t wait to see you tonight” or “I’m supposed to be thinking about work but all I’m doing is thinking about you.”
  
3. **Write love notes.** For a wonderfully easy way to show your feelings of closeness to your partner, write a love note and stash it somewhere where they’ll find it. Whether it’s a quick “I can’t wait to see you” note placed in her lunch bag or an “I loved our weekend together” note in his briefcase or car, using love notes will heat things up between you.
  - \* Buy a greeting card that expresses your love, add your own words, and mail it to them, either at work or at home. It’s such a sweet thing to do and your partner will love the fact that you planned ahead to send special love wishes.
  - \* You could even write a full-fledged love letter, passionately explaining how you feel about him and place it on his pillow

where he'll find it at bedtime. Who wouldn't want to find an intimate letter from their lover as night falls?

4. **Give compliments.** Man or woman, we all want to hear words about what we're doing right. You'll enhance your romance whenever you tell her she looks great in red, you love the way she handled your son's misbehavior, or she did a great job washing the car for you. ***When you give a compliment, focus on making it from the heart.*** And give them often.
5. **Show appreciation.** Recognize what your partner does for you on a day-to-day basis. Notice those things by thanking them or saying specifically what you appreciate.
6. **Have flowers delivered or bring them home.** This one is an old "stand-by." However, it usually works to bring on the fire. Nothing says "I love you" like a beautiful bouquet of flowers. Sending or bringing home flowers shows your lover that you were thinking about her. Flowers are a great "intimacy booster."
7. **Speak your partner's name.** Although it's okay to use a pet name from time to time, nothing says intimacy like saying your partner's name to them. When we hear our name spoken by a person that we love, it sounds new every time and feels marvelous.

8. **Take a real interest in your partner's work and hobbies.** *Show that you find most everything about your partner fascinating.* Of course, you might not love those things in the same way your partner does.
  - \* But the fact is you stand to learn a lot about new topics when you work to find something of interest to you related to your spouse's work and hobbies.
  - \* And he'll likely feel closer to you when you demonstrate you want to know how his fishing trip went, what his golf score was, or how his garden is growing. Since that's your goal—to increase the closeness and intimacy, you'll be one step closer to successfully rewinding up the romance in your relationship.
9. **Help your partner.** Nothing brings on feelings of love and care like spontaneously offering help. "You've got a lot to do today. I'll cook dinner" is very romantic. Try it and see.
10. **Spend more time kissing.** Kissing is under-rated. Definitely kiss more often.

You have a rainbow of options when it comes to increasing intimacy. Use the above list as your inspiration to bring more intimacy and romance into your relationship.

*"When he kisses you he isn't doing anything else.  
You're his whole universe...and the moment is eternal because  
he doesn't have any plans and isn't going anywhere.  
Just kissing you...it's overwhelming."  
~Robert Heinlein*

## Use Body Language to Show You Care

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Body language is what you portray to others in how you use your body movements. Humans "tell" a lot about themselves through their body language. The good news is you can use your body language to demonstrate to your special someone how much you care. With body language, you have lots of options to show your love.

### Here are a few of them:

1. **Hold hands in public.** Whether you're going for a walk together or shopping at the mall, the simple gesture of holding hands in public says so much. You show, not just to each other, but to the world, how much you care about each other. What is sexier than that?

2. **Give a back or neck rub.** When your partner is under stress, show you care with a gentle back, neck, or shoulder rub. Even though it might just last 15-30 seconds, ***it can work wonders in expressing your understanding and love.***
3. **Touch their arm during a conversation.** It's very intimate and loving.
4. **Give a hug for no reason.** When you're at home together, it's such a wonderful feeling when your partner approaches you with their arms out. So, don't hesitate to give a hug just because you feel like it. It will definitely bring you closer, literally and figuratively.
5. **Lean in when they're talking.** Show you're all ears by leaning toward your lover when they're talking to you. Eye contact is a "must" when you're leaning in to show you care.
6. **Stand close together when you're out.** If you're playing pool together, at the local baseball diamond watching your kids play, or standing in a group chat at your neighborhood pub, standing close sends a distinct message: ***"I want to be close to you."***
7. **Place your arm around her shoulders.** If you're outside talking to the neighbors, it's the sweetest gesture to throw your arm around her shoulders. It will give her a thrill.

During your times together, you've got hundreds of opportunities to fan the flames of romance by using your body language to show you care. Try it—you'll like the heat it generates!

*"You don't love someone for their looks, or their clothes,  
or for their fancy car, but because they  
sing a song only you can hear."  
~Oscar Wilde*

## Planning Special Times Together

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One of the most enjoyable aspects of being in a love relationship is planning special times together. Spending time with each other is the ultimate expression of the love you feel for one another. Each of you can take it upon yourself to set up a special event that you will share, just for fun and frolic.

**Consider these suggestions to spark your creativity:**

1. **Plan special dates.** Let's say your partner's birthday is next month. What does he really enjoy? How can you use that theme to set up a special date?

- \* For example, maybe he loves hockey. Surprise him for his birthday by obtaining two tickets to his favorite hockey team's next game.
2. **Schedule ahead for very special occasions.** If 6 months from now he's having his 40th birthday, start now to plan for it. What would he really enjoy doing? A weekend ski trip? A quick trip to Las Vegas? ***The key is to start your planning early enough in the process to create a very special occasion for your lover.***
- \* You can even let him know you're brewing up something by stating, "Let's get our schedules together and block off 3 days during your birthday week. I'm planning a special surprise." This way, your partner will know something is in the works and he can adequately make room for it in his schedule.
  - \* Think of the anticipation he'll have wondering what you have up your sleeve. Anticipation is an integral aspect of romance, for sure.
3. **Create a lovely Valentine's Day celebration.** Because Valentine's Day is truly a day that celebrates romantic love between two people, plan a loving Valentine's Day celebration. See these ideas to inspire you:
- \* Take a day off work and go on a day trip you've yearned for. Maybe it's to a new museum that's 2 hours away, a day at the beach, or a 3-hour car trip to the new gourmet restaurant you

heard about in the news. ***Focus on showing your love to each other.***

- \* If you prefer, plan to spend a day at home together. The kids will likely be in school all day. You can stay in bed extra late, have a lunch you prepare together and then cuddle up for the latest movie out on DVD you've both wanted to see. This day at home is about you and nothing else.
- \* If you prefer a more elegant Valentine's celebration, hire a limo driver to transport you to a neighboring city for a night on the town. Enjoy a romantic dinner followed by some sensual, hot dancing on the dance floor.

4. **Take occasional extended trips alone together.** The idea of getting away alone together for at least a couple of days is one of the most romantic thoughts you could ever have. Some of your most special moments alone together were probably when you were staying in a hotel or exploring a new place somewhere.

- \* You'll remember those trips for the rest of your life. Even if money is an issue, try getting away alone together for at least one time a year for a couple of days. Consider it your "romance renewal" plan.

Enjoying these events together will draw you closer and enhance the feelings of love you share. When you protect your relationship by

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allowing consistent time in your schedule for special time together, you ensure the flames of your romance will smolder and burn forever.

*"I appreciate a slow-burn romance. In most movies, everyone is just tearing their clothes off in the first scene."*

**~Emily Blunt**

Being in a long-term love relationship can be complicated and sometimes a bit hum-drum. However, there are many things you can do on a daily basis to keep the romance alive. When you make romance a relationship goal and apply what you've learned from this guide, you just might find yourself living out the greatest love story ever told.

*"Romance is everything."*

**~Gertrude Stein**