

Freshen Up a Stale Relationship:

7 Steps to Reinvigorating Your Love Life

By Jeannie Miller Clarkson, M.A., LPC

“What ever happened to the spark and chemistry we once had? “

Many or most in a relationship will eventually ask themselves this question. Some people answer by going out and trying to reproduce the lost feelings in another relationship or by finding other fleeting pleasures such as shopping or other activities.

Chances are, if you've been in a relationship for a while, your best life now is staring you right in the face. Sure, you may need to freshen up a stale relationship but that's often so much better than any other option. So how do you spice up a dull relationship? Here are few tips:

- 1) Remember what you found special about the person to begin with. Was it their smile, their laugh, or the way they listened to you? Whatever it was, the person likely still possesses that quality. Begin to notice it.
- 2) Look for opportunities to point out these things that you like about him or her and watch your partner light up. It will bring joy to both of you. One caveat: you must really mean it or your partner will experience your comment as superficial.
- 3) Pick one thing you can do that would bring a sense of romance, fun, or surprise. This could be anything from sending your partner flowers unexpectedly to their place of work, planning a weekend away without the kids, picking up a loving or romantic card just for no reason, or

- 4) Brush up on your communication skills. Poor communication can be detrimental to any relationship. Christian Care Connection can help you improve your communication style.

- 5) Pick something enjoyable you can both do together if you don't already. This could be something like biking, going to antique sales or just about anything that you would both enjoy. Shared experiences help draw you closer. If you and your partner have similar ideas about your faith then praying together or reading devotional material can be especially powerful.

- 6) Lastly, to get the full joy these things must be done without expectation for receiving in return. True love gives for the joy of giving not for what one will get in return.

Jeannie Miller Clarkson is a licensed professional counselor and the founder of Christian Care Connection, LLC. Christian Care Connection a healing place for those struggling with emotional and relational pain. Call us today at **734-854-7061** or visit us on the web at www.christiancareconnection.com.
