

## **Top 10 Tips to Relight Your Fire.**

So the passion and excitement has slowly ebbed away from your relationship and you are probably wondering why?

- Were you never really meant to be together in the first place?
- Do long-term relationships just end up like this anyway?
- Is it time to call it a day? Or,
- Should you be trying to get some of the excitement back into your relationship?

One of the best indicators of a fading romantic relationship is a lacklustre sex life. It is symptomatic of deeper issues within your relationship. And often couples seem to turn to sex manuals and toys to spice up their lives again when in fact this can sometimes just create more distance.

The real issue, which is almost bound to be at the centre of every fading relationship, is communication. I know you've heard it before, but it really is the truth. All problems exist only in the absence of a great conversation. So what kind of conversation do you need to be having?

Remember, it doesn't have to be a big, spill your guts out and throw the furniture argument every evening in order to rescue your relationship. Sometimes it's really as simple as bad planning or a lack of inspiration in your relationship that has caused the fire to fade over the years. The focus of these tips is to give you some practical hints that will help you down the path of relighting the fire in your relationship. I know if you commit to applying them they will help.

### **1. Commit to telling the total truth**

A relationship involves three essential components. You, your partner and the truth. Every time you hold something back from your partner, a piece of your passion dies.

### **2. Get familiar with scheduled spontaneity**

It's easy to feel we don't have any time for sex so it becomes something else we cram into our schedule. This hurts your relationship. Set up a regular date night, sometimes it's as simple as giving up one nights TV. When I suggest planning and scheduling intimate time, clients often complain that it doesn't feel romantic. Is Paris romantic? How do you get there? Enough said.

### **3. Re-enact your early days**

In long-term relationships it's easy to take each other for granted. Remember how excited you were early on in your relationship? Remember how you would obsess about the evening ahead, dress a particular way and even bring flowers or small gifts? You are both still special so why not carry on making that extra effort. Try sending a "Remember when?" email at work.

### **4. Profit from your passion**

Satisfaction with your relationship leads to a greater desire for sex. A greater desire for sex leads to you making more opportunities for sex. More frequent sex leads to happier couples and happier couples have sex more than unhappy couples. It's time to get in the loop.

### **5. Learn to be fully present for pleasure**

Sexual intimacy is one of the most playful and pleasurable experiences available

to us in our relationships. If you're not enjoying it, take the time to work out why. Going through the motions is not good for you or your partner. It's often best to call a halt, whether that's for two minutes or two weeks, hopefully work out the distraction and come back to making love.

#### **6. Seek out variety with your loved one**

Boredom is one of the main causes of dissatisfaction. If you keep a lot of variety in your life together, you will never be bored. There is a phenomenon referred to as 'couple culture' so why not develop one that's engaging. Learn to scuba dive together, do a philosophy course, take some ballroom classes or just give the car a custom paint job. Suddenly you've got something both of you are excited about.

#### **7. Know the three types of sex**

You can have 'shower' sex that's quick and convenient and good for immediate bonding. 'Bath' sex is a little slower, lasts about half an hour and can deepen the intimacy in your relationship. Then there's 'Jacuzzi' sex that can go on for hours. You start out by taking the time to heat it up, then you hop in and out all night while gazing at the stars. All of these can be great sex; as long as you both agree on the type you're after.

#### **8. Take turns at giving and taking the perfect evening**

A great way to make sure your emotional needs are met is to set aside a night where you spend an evening doing exactly what your partner wants to. Then, set aside another night where your partner devotes an evening to your desires. It's a fun learning experience and the quickest route to mutual satisfaction! Who knows maybe you'll learn to love computer games or shopping for shoes 😊

#### **9. Make loving each other a priority**

At some point in the day, ideally last thing at night, take the time to tell your partner exactly what you loved most about having them in your life. The question is 'what are the top three things you loved about me today?' This little ritual will focus you both on how lucky you are to have each other in your lives.

#### **10. Repeat the mantra: quality, not quantity**

The key to balance in a long-term relationship is to remember that quality of sexual experience is now more important than quantity. It's just too easy to turn into house mates managing a family life and drift apart. If you maintain your emotional connection, your sensual sharing, and carve out opportunities for couple's play, you will indeed keep the flame burning.

So which of these tips are you committed to using to change your relationship? Circle your favourite one(s) now and commit to taking one step towards it Now!

#### **And Finally...**

One of the biggest pressures working against your relationship these days is finding the time to put these tips into action. But if you really can't find the time, ask yourself, 'What priority am I putting on making my relationship work?'

Often getting your relationship back to the stage where you are passionate about your partner and your life takes more than a few tips. You probably know that if you don't take some action now it's going to continue to slide downhill and will end in separation or divorce...

Is this what you want for your relationship?

If not, and you want to save your relationship, I'll help you find out for free what it is that **you** specifically need to do to relight your fire. Just drop an e-mail to me at [michael@therelationshipgym.com](mailto:michael@therelationshipgym.com) or pick up the phone now and give me a call on 020 8374 2499.

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