

7 Ways to Make Your Relationship More Intimate, Caring & Loving:

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Your relationship with your significant other is so important. It affects your emotional and mental state, daily life and much more. Here are some simple things that you can do to make your relationship closer, more affectionate, peaceful and fun:

1- ***Have a Weekly/Biweekly Date Night***- Research shows that having a weekly date night is so good for your marriage. It lowers divorce rate, improves your sex life and your relationship satisfaction. It can be a fight free fun filled time to enjoy each other without responsibilities. You can continue to get to know each other then.

2- ***Practice the 5:1 Rule***- “The 5:1 Rule” is research-based and it says that happy couples say 5 positive things for every negative one. This is a good rule of thumb

or challenge. You can make it a resolution so that you increase your positive communication.

3- ***Learn how to Respectfully Disagree***- Research shows that couples who use condemnation, sarcasm, stonewalling or defensiveness when upset tend to have much higher divorce rates. So, resolve to disagree respectfully and to communicate well. Listen to their side and be willing to compromise in order to resolve disputes. If you feel very angry, take a time out to calm down and come back to talk the next day.

4- ***Celebrate Each Other's Successes***- Research shows that happy couples regularly celebrate each other's successes. Resolve to become your partner's biggest cheerleader. Don't let the hum drum routines cause you to miss out on important achievements or milestones for them.

5- ***Create a Shared Vision***- You both may have settled into a routine or your own solitary goals but you can create a shared vision for the next year which can include trips, goals and larger objectives. To do so you can discuss these things and create a list. Then take magazines and cut out pictures that represent your joint vision and bring you both joy. Glue them on a large poster board with pictures if you and your family and phrases and hang it in your bedroom. Your subconscious will help you manifest these goals and it will be a reminder to inspire you. To learn a more detailed way to do this, get Dr. Sherman's book, A Shared Vision here: <https://www.amazon.com/Shared-Vision-Exercises-Couples-Co-Create/dp/0985246928> You can also watch this short YouTube video about creating a Vision Board here: <https://youtu.be/us2GBgsvGTA>

6- ***Be Physically Affectionate***- It's important to be physically intimate and often with responsibilities, kids and exhaustion this can drop off. It's great to resolve to have sex more but you can also hug and kiss your spouse when they leave in the morning, hold hands more or exchange foot rubs or massages.

7- ***Update Each Other's Love Maps***- Love Maps determine how well you can navigate your partner's world. Can you map their current worries, fears, stressors, the major events and key people in their life and their current accomplishments? Knowing your partner's inner world is a key factor in becoming friends. 70 percent of happy couples felt that friendship was the determining factor in whether

they were satisfied with the sex, passion and romance in their marriage. So, make some time to ask those personal questions to get current on your partner's work, goals, stressors etcetera and to show that you care.

If you start with these 7 things your relationship will improve and you will develop ongoing great couple's habits that will continue to serve you both long-term.

If you're looking for a therapist, couple's therapist or Relationship coach you can find out more about how I can help on my website www.DrPauletteSherman.com

My Best in Love,

Paulette