

45 Things To Do To Keep Your Relationship Alive

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Preface

If you are looking for ideas to keep your relationship exciting, passionate, interesting, and connected then this will be something you will enjoy reading!

However, be warned! There are some sexual suggestions below – so stop reading right now if you are against sex!

I'm assuming you are going to keep reading ;)

In this eBook, the focus is YOUR intimate relationship – the one that is supposed to last to death. It is a **huge** part of your life, but it can easily be neglected.

So many times in life we can be caught up in the everyday routine and put our relationship on the backburner. While that doesn't seem to make a BIG difference at first in the relationship, tension can start to accumulate daily and before you know it you have a year or more of hurt and neglected feelings which can equal an unhealthy relationship, or a breakup.

Therefore, your best bet is to pay attention to your relationship every day. Do something big. Do something small. Do something!

This eBook is meant to be a guideline; a booster; a reminder. It's meant to be a collection of ideas to get your **own** juices flowing.

It has 45 ideas of how to add romance into your relationship, spice up your relationship, and just keep your relationship alive and well.

So let's get started!

Daily Inspiration for Your Relationship

1. Create Meaningful Words That Only You Two Understand

We all love to hear our partner say ‘I love you!’ as much as possible, but how about hearing our partner say ‘You are the jelly to my jam!’? Would that be as meaningful? It would be if jelly and jam was your favorite combination of tastes!

Another example may be that you love surf and turf more than any other food; therefore, your partner is your surf and turf.

You two have shared inside moments together that mean something to only you two, so use those moments to create special words that you can use that nobody else in a million years would get, just like the jelly and jam.

Not only will your partner feel good about the way you acknowledge them in a cute way, it will also bond you two together even more because you have an ‘inside secret’ that no one else has with you.

Task: Take the time to reflect on what your partner really finds meaningful. What do they associate with good feelings and happiness? What makes them smile when they talk about it or get excited when they see it? Now use that information to your advantage and really show them how much you care by making it part of how you show them what they mean to you.

2. Suggest Something to Do That Means Something Special To Your Partner

If you know how your partner feels about things then you can use those things to convey how you feel about your partner.

Every one of us associates words and memories with emotions. Good word and good memories correspond to good emotions – it's as simple as that.

Good emotions around or towards our partners can make us feel more attracted or connected to our partner, so if you are the one making your partner feel good then you can bet your partner will feel good towards you as well.

If your partner associates the beach with the happiest moment of their life, and you suggest going to the beach, then they are going to feel good about you. Their happiness will instantly come to life when you mention the beach and that emotion will pass on to how they feel about you. See how that works?

Task: What is special to your partner? What makes them giddy and excited and feel good? If they like watching a certain TV show then suggest that you watch it. Even if it's something as simple as going to bed and cuddling before your fall asleep may be enough to make your partner feel good about you. Just make sure it's THEIR favorite thing and not yours.

3. Say Something to Your Partner That They REALLY Want To Hear

There are many times in a relationship when we don't compliment or praise our partner when we should. We may avoid doing it because of our ego or pride, or we may avoid doing it because we are feeling selfish.

You've probably done this.

It's when your partner is proud of something in their lives and is fishing for a positive statement from you but all you give them is a look, or worse – you say something negative instead of positive.

For example, maybe you went bowling and they bowled a perfect game and you were pissed off that you lost so instead of making them feel good you tried to make them feel bad for winning. How does this help your relationship?

It doesn't.

When you withhold compliments or praise because of your ego or pride then you are missing an opportunity to really make your partner feel good about themselves and about you. You can only win from making your partner feel good.

Task: The next time you see an opportunity today to make them feel good, take it, even if it means making them look better than you in some way. Don't pass by the opportunity to make them feel good and bring your relationship closer because of your pride or ego.

4. Create a Game of Pointing Out the Positives in the Other Person

This doesn't have to follow some great thing that they did that deserves recognition. This is just about them as a person and can be played at anytime of the day regardless of what is happening.

You can sit down with your partner and take turns telling each other what you think is good about them. Maybe they can play the guitar like a rock star, or maybe they can make you laugh no matter how down you are. Whatever their personal positives are - tell them.

Don't generalize by saying something like "You are funny." Make it more specific by saying "You always know how to make me laugh when you do that silly face."

The more specific you are the more it will mean to your partner.

Task: Sit down and play this 'game' with your partner. You don't have to name a thousand things that you think are positive. And you don't have to turn it into a competition about who can think of more positive things (hurt feelings are bound to come from that kind of competition when one person runs out of things to say.) Just try and name 5 things about each other to start and you will receive the benefits from it.

5. Spend Time Pointing out Positives in the Relationship

This is not about you or your partner but instead it's about your relationship. This is putting the focus on the positives in the relationship. Pointing out what is working in the relationship is contrary to what we normally do which is point out the worst of the relationship.

You may find that one day of this will not be enough and it may start to become a weekly or monthly routine for you. I personally feel that this should be done at least once a week.

Not only will talking about why the relationship is good make you feel closer, but it will allow you to do more of the things that you find positive because you will realize the effect it has on your relationship.

Task: Sit down and spend some time discussing the things you think are really great about your relationship. Make sure you fully listen when your partner is talking so that you can really see how the relationship affects them in a positive way – and make sure that those positives stay around.

6. Talk about When You Met and Remember the Feelings That You Had During That Time

Reflecting on the moments of when you met will not only feel good but it will also bring back those early feelings of lust, infatuation, and desire.

Once you start to really discuss those early moments then you will experience the feelings that you felt at that time and therefore you will start to feel the same way towards your partner as that time.

It's true. After ten years of being with someone you can bring back some intense passion just by recollecting on the past.

It doesn't matter how many times you do it either because those feelings will never change. Not unless you have a time machine to recreate a new feeling from the past. Those feelings are memories that are there for good and they are not going away!

Task: Talk about the first time you saw each other and what you were thinking and felt at that time.

7. Talk about Your Life Together Since You Met

In a committed relationship your life is deeply entangled. Most likely you spend at the very least 50% or more of your time together. That's a huge chunk of your life!

Reflecting on your time together will bring you closer by default. You will feel more like a team in life and you will be more aware of what your partner really does for you, and with you, in your life. Once you realize that you are a team you will start to act more like a team in life.

One thing to focus on would be new things that you've experienced together like buying your first house or going on your first vacation to Maui. These are experiences in life that you have shared together and that's exciting.

Task: Reflect on the good moments in your life together. If you would like to focus on the bad moments that you have shared – like a death or another loss – that's okay too. The point is you are discussing your life together and the obstacles you've overcome or that joy that you've shared.

8. Evaluate Your Week as a Couple – and Improve

I first read about this in Jack Canfields – The Success Principles. He mentions how he asks his wife to rate him 1 out of 10 for the week and then give him reasons why she gave that answer. This is a great idea!

Not only will you become more aware of how your actions and words affect your partner but you will add a new level of communication into your relationship that most couples don't have.

Not many people can be honest about what they would like to change in their partner. And not many people can take the criticism that their partner gives them. If you can manage to do both on a level that doesn't involve anger and hurt then you will be on your way to an amazing relationship.

Task: Sit down at bedtime and ask your partner for an honest rating on a scale of 1 to 10. Let him or her explain why they have given you this rating and listen completely. Then promise to work on those areas that bothered him or her so that you can receive a better score next time. Then switch roles. Remember keep your ego and pride out of it and just focus on having a better relationship. This technique can really help your relationship improve if you are honest and open.

9. Make the Most of Your Time Together

Don't waste a minute today. When you are together be aware of that fact and cherish it. Live in the moment!

So often we allow ourselves to get caught up with the TV or the computer and don't even notice our partner sitting next to us. This does nothing healthy for the relationship.

When you are together make sure you laugh and enjoy your time. If something is bothering you then discuss it and get it out of the way so that you can really enjoy your time together.

Task: Really focus on your partner when you are together. Notice every movement, word, and action made by your partner and enjoy it. This will allow you to live in moment and really enjoy each other's company. If you go to bed feeling good about your partner and the time spent together today then you know you've done this task well.

10. Create a Special Date Focused Only On Your Relationship High Points

Remember the feeling you got about talking about when you first met, and reliving those feelings? This is going to recreate that same feeling – or maybe even surpass it.

Make a date together and plan to spend that time visiting places that meant something really good to your relationship.

Task: If you have the time today then revisit some places that meant something to you like the place where you first kissed. If you don't have the time to go out then make a date to do it in the near future and instead focus on the places in your house together for today. Like the place where you first made love in the house or where you had some great moment of laughter and joy.

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