

How to put the spark back into your relationship

Whether you have been together for several months or several years, sometimes the “spark” gets lost from the relationship. Between school, work, children, and other commitments, finding time to rekindle the “spark” can be challenging.

Here are some tips to put the spark back into your relationship!

1. **Set aside time to spend with your significant other-** Even if it is just one hour a month to watch your favorite show together, setting aside time gives you the chance to focus on each other and spend quality time together.
2. **Get physical-** Physical touch can be as simple as mutually holding hands, hugging, kissing, or rubbing their back. While it is not only a key in a significant relationship, it helps strengthen the bond between partners.
3. **Act “as if”-** All relationships have their ups and downs. A great way to rekindle the flame after conflict is to act “as if” you did not have the conflict. What would you do for your partner if you were trying to impress him/her? What would make them happy? By acting “as if”, you will allow for the relationship to focus on romance rather than conflict.
4. **I’m sorry-** Every relationship will have conflict at some point but learning to apologize and admit when you have done wrong can help prevent major arguments and resentment in the relationship.
5. **Look good, feel good-** Having an increased self-esteem can make any moment better. Do things that help you look and feel good about your body. A research study shows that 19% of women who felt good about their body, reported happier marriages.
6. **Listen, really listen-** While this step seems simple, it can also be complicated. When your partner is talking to you, really take the time to listen and understand what they are saying. Ask questions about the subject and listen to their responses. Engage in conversation about the topic to show that you are interested and listening to what they are saying.
7. **5:1 ratio-** To avoid a negative environment in a relationship, abide by the 5:1 ratio. This means for every negative encounter (comments, actions) have at least five positive encounters. By encouraging the 5:1 ratio, your relationship will focus on more positive encounters than negative.
8. **Reunited and it feels so good-** After you and your partner are reunited after an amount of time, whether it be from work, vacation, business trips, etc., greet them with an act of love. That way, you are showing affection and start off your interaction on a positive note.
9. **“Love” is more than a word-** Remember to show love through your actions, as well as words. Leave a simple note reminding your partner of how much you love them or do little acts of kindness to show you’re thinking of your partner.

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