

SPARKS FLY LIKE THE 4TH OF JULY

TIPS ON PUTTING THE SPARK BACK IN YOUR RELATIONSHIP



Are the sparks out in your relationship?

Romantic relationships are filled with exciting experiences, especially in the beginning. However, life can sometimes take over and between work, responsibilities, stressors, and other factors, the "spark" within your relationship can sometimes go out. Though those times can be tough, there are some things you can do to put the "spark" back in your love life.

Date Night Fun

Through the hustle and bustle of life, date night can sometimes take a back burner to busy schedules. However, setting aside specific time for you and your partner will allow for opportunity to strengthen your relationship! Try out these fun date night variations:

- Movie night at home
- Cook a new meal
- Play a new game
- Volunteer together
- Try a new restaurant in your area
- Pretend you're on your 1st date (this adds new excitement and reminds you of how things all started)

Whatever variation you choose, have fun and make new memories with your honey!

Honest Communication

Though this may seem like a simple concept, it can be difficult to open up and honestly communicate to your partner, especially when you feel like your needs aren't being met or there was conflict that needs to be resolved. Here are some tips to help create honest communication within your relationship:

- Ask open-ended questions
- Notice their nonverbal cues (i.e. body language) Do their nonverbal cues match their words?
- Don't try to read their mind- Allow them the opportunity to share their perspective
- Utilize active listening- acknowledge what they say, make eye contact, rephrase what you hear

Practice Gratitude

Though things may be tough right now, there are always things to be grateful for. Practice gratitude with your partner by sharing the ways you're thankful for them. Make it more special by writing it as a letter!



Explore Your Love Language

Learning about your partner's love language can help you understand all the ways they feel and receive love. The way you feel loved may not be the same as your partner. Use the link below to figure out what your love languages are:

- <https://5lovelanguages.com/quizzes/love-language>

Reach Out for Help

Relationships are tough. Sometimes it is okay to reach out for help like counseling to get through rough patches in your relationship. This provides a safe space and different perspective to your situation.

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.