



Tips for Love ©

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Most of the following points are self-explanatory. All the points work better with a playful attitude. Some may require a little imagination on your behalf. Remember to make loving full of fun...that's the way it probably started. Be light-hearted and enjoy the process.

1. Express your feelings of love symbolically with tokens such as flowers or “treats.”
2. Express your loving feelings verbally (and with frequency). Make sure you do so in a soft, sincere, warm tone with love in your voice.
3. Do new things that your partner likes or would like to try. Be flexible and be giving...*and* enjoy doing it. Remember, this is a loving present you are giving.
4. Focus on the pleasurable sensations of loving: hugging, kissing, massage, caressing.
5. Focus on feelings of love, caring and appreciation. Do not take them for granted but think about them and even more importantly, act on them.
6. Do high arousal activities together. High arousal, like when two people first fall in love, can be very stimulating to a relationship and sexually arousing. Sex and intimacy can be very intense after skydiving, scuba diving, or a day of skiing, skating or go-carting.
7. Do tasks together in a playful way. The goal is NOT to get the job done or done correctly or on time but to have a lot of fun doing the tasks; like spraying each other with water on a hot summer's day while washing the car.
8. Experiment with new ways of dining together. Have a fondue or a meal of finger foods.
9. Those who are most loving (and loved) focus on developing this skill. Those couples who make a high quality, healthy relationship a priority tend to get those results.
10. Be flexible. Don't be a perfectionist. Rigidity is not fun. Confident enthusiasm is sexy. Attempt to go with the flow.
11. Do things that will surprise and delight your partner. A romantic evening in or out. An unexpected trip to watch a ball game. Be inventive. Be spontaneous.
12. Laugh together. Find things that stimulate laughter. Couples who laugh together tend to stay together. Be playful. Be silly. Be outrageous.
13. Find a “cause” together. Become jointly involved with a charity or cause that you both believe in and support. You get to share common interests and make a positive change in your community.
14. Imagine and fantasize about sharing wonderful future times together.
15. Act as if you are in love and you will frequently fall in love. When you focus on loving thoughts, loving feelings and act lovingly, love tends to grow readily.
16. Have “theme evenings.” Have a massage evening or enjoy a mutual fantasy such as “picking-up” your partner in a bar and pretending that you two have never met before.
17. Have a date. Call up your partner at work and ask him or her out for a date with all the usual first date trimmings.

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