

BONUS

4 L-O-V-E GESTURES TO PRACTICE IN YOUR MARRIAGE

“Gestures, in love, are incomparably more attractive, effective, and valuable than words.”
– François Rabelais

Are you getting too comfortable in your marriage that there are no more surprises to look forward to? It’s easy to forget how to be romantic and keep the spark alive in a long term relationship, especially when two people are constantly busy working.

I had the pleasure of working with Mary & John when they reached out to me during a very difficult time in their marriage. They were both experiencing a loss of intimacy due to the less time they spent together. This eventually led to decreased connection between partners, which built up more and more passive frustration over time. Their relationship was getting extremely rocky as there was less and less communication on a daily basis. Mary knew that she had to ask for help if she wanted to save the marriage from further damage.

Because I knew how deeply they love each other and how loyal they are to one another, I was determined to coach Mary & John on how to create their love story again with even more passion and excitement than before.

In order to help them achieve real lasting change in the relationship, I emphasized the importance of consistently working together towards the goal of reigniting the flame. I needed them to understand that love alone isn’t enough to sustain a relationship. Every thriving relationship requires consistent hard work in order for it to grow.

Once Mary and John both mutually agreed on investing the time, effort, and dedication to becoming passionate lovers again, I shared my simple L-O-V-E system that reminds you how to be loving at any moment in your marriage to strengthen the relationship.

The four gestures that can be practiced are:

L – “Lean in”

Turn to your partner and lean in towards each other every time he or she speaks, to make the conversation more intimate and welcoming. Doing so will show your respect and allow you to have a stronger connection. It is an easy gesture that physically communicates to your lover that you are fully present, attentive, and enthused to hear what he or she has to share. Ask questions to have a better understanding; make it a truly interactive conversation, and trust that your interest and curiosity will be genuinely appreciated.

O – “Offer support”

When opportunity permits, always be patient and kind to offer support. Holding hands, being a compassionate listener, or simply just giving a comforting hug will put a smile on your lover’s face. When you sense that there may be any signs of negative emotions, such as sadness, frustration, impatience, etc., immediately reach out and check in with his or her emotions. Sincerely show that you care by being present and reassuring that you are there for support. Sometimes reassurance that everything will be okay, and words of encouragement, are more than enough to help brighten your spouse’s day and warm the heart.

V – “Visualize romance”

You must mentally visualize romance, and get creative with enhancing your love story, year after year, in order to sustain the marriage with real joy and fulfillment. Think about what specifically excites your partner, and make real effort to be spontaneous. Never allow yourself to get lazy in love and forget what you were willing to do at the beginning of your relationship to make your spouse feel happy and special. Complacency will make both fall out of love without even realizing it! Choose to fall in love over and over again with each other as you both evolve through the years. Thoughts become action, so always be intentional to look for ways to be romantic and show your lover that you are still deeply in love.

E – “Engage in bed”

When in doubt, just cuddle and engage in bed! There is seriously nothing better and more precious than two lovers holding on to each other in bed! I have found that to be the most powerfully effective and therapeutic remedy to a long stressful day at work or home. The quality time spent together will instantly help you and your spouse to connect emotionally and physically. Whether you engage in conversation or through body language, remember to lock eyes and be 100% present for each other. Display real passion and enthusiasm, and there will be a sweet and intimate connection for sure!

To keep growing and strengthening your relationship, creatively practice the L-O-V-E gestures to keep the spark alive year after year. I promise that it will set the right mood each and every time for love and romance to be in the air.