



## 9 Ways to Ignite the Passion in Your Relationships

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After you've been in a relationship for a while, you're likely to encounter a time when the passion dies down. However, it's not something you should completely live without either.

Everyone falls into certain patterns that are comfortable. But, by breaking out of your comfort zone every so often, you'll experience a sense of *newness* in your relationship.

It's important to ***seek out that certain spark you felt when you first got together with your partner.*** Those feelings are still there, you just might need to be creative in finding ways to bring them out again.

**Here are some ways that you can reignite the passion in your relationships:**

- 1. Go out of your way.** Remember at the beginning of your relationship how you would go out of your way to make your partner extra happy? Make these efforts again! It'll surprise your partner and be a reminder about how much you love them.
  - It doesn't have to be an everyday thing, but ***everyone deserves a little "above and beyond" treatment!***
- 2. Show your gratitude.** You often think to yourself how grateful you are that your partner did something for you, and it's important to let your partner know of your gratitude, too.
  - You can do this through better communication and positive actions. Many times a simple, *"Thank you for..."* statement will let him know how much you appreciate his efforts.

3. **Be considerate.** Sometimes your partner is the only one who will allow you to be blunt and abrupt. It's important to vent, but ***remember to act considerate around your partner as much as you can.***
4. **Spend time alone together.** Everyone is busy, but you need to make the extra effort to have alone time together. ***It's still important to make dates with each other*** and do things you've never done before.
5. **Show affection.** There are certainly ways to show your affection for your partner beyond bedroom activities. Show your love for each other with gentle touches and hugs. Snuggle together on the couch and just enjoy the closeness.
6. **Seek adventure.** Everyone has his or her own definition of adventure. You and your partner may even find different things adventurous. Do some of these activities together. Engaging in exhilarating activities can certainly ignite the passion.
7. **Enjoy your own alone time.** On the other side of the coin, it's a good idea to spend time away from your partner as well. ***Everyone needs space at times.*** Also, time apart can build up the anticipation for some of the things you may have planned with your partner.
8. **Share your goals.** Keep an open conversation with your partner about your future plans. Things may not always go according to plan, but ***it's good to talk about your dreams and goals.***
  - While it's fun to discuss what things were like at the beginning of your relationship, it's also enjoyable to discuss where you think things are going.
9. **Surprise!** Surprise your partner with a gift. It doesn't have to be something expensive; in fact, you could even make it yourself. Just explore some thoughtful ideas that will let your partner know that you care about them.

You'll find passion in your relationship as long as you make an effort to break up the monotony. ***Communicate well, spend time together, and explore new activities together.*** When you do, you'll discover the keys to a successful passionate relationship.