



HERE IT IS! YOUR
SPOUSE IT UP GUIDE
IT IS NEVER TOO
LATE TO BEGIN

CONGRATULATIONS ON FINDING YOUR GUIDE TO Spouse It Up!



THIS IS YOUR HEAD START TO
CHAMPIONING CHANGE IN
YOUR RELATIONSHIP!

YOU'LL FIND FOUR CATEGORIES OF
SIX STRATEGIC TOOLS TO ENHANCE
YOUR CONTRIBUTION TO
SPOUSE IT UP:

SIX SPOUSE IT UP CONCEPTS
SIX CONVERSATION STARTERS
SIX FUN DATE IDEAS
SIX ESSENTIAL MUST-DOS



GOOD ON YOU! You've made the first steps to discovering or re-creating a thriving and harmonious relationship. Don't have time to trawl through thousands of pages to get more well researched and practical resources used by a Neuropsychotherapist and Relationship Therapist? Here it is. [DOWNLOAD HERE](#) now.



6 SIMPLE STARTER CONCEPTS

Spouse It Up!



You can “Spouse It Up” without leaving the house! When the initial oxytocin rush wears off and the daily grind overtakes, this is no excuse not to include simple things that can spice up your marriage. Tick off these little “To dos” to incorporate into your daily life to maintain an intimate and romantic relationship with your partner.

1. Save some of your best for home. You both had a long and tiring day or maybe one hell of a week for you both. You arrive home irritable and grumpy, and need someone to release your angst to. To whom will you take it out? Commonly, to your partner! If you see a friend standing outside the door, you can manage to be polite, even if you’re annoyed inside, so why not do the same to your partner? Saving some of your outside nice for home is respectful and appreciated. You both deserve an attentive listening ear, or an understanding that you just need time out on your own.

2. Touch. Why not hold hands while watching TV? Whilst walking the dog? A simple brush or interlocking of your hands is reassuring and represents a simple reminder of love. It matters! A “no strings attached” display of affection is a simple way to get closer to your partner, irrespective of how small a gesture seems.



TOP TIP

Date at home. A romantic meal for two isn't usually associated to home. Creating a date night atmosphere at home is not difficult to do. New recipe? Dress up, Candles, music - now we're talking.... what's your idea?



6 SIMPLE STARTER CONCEPTS Spouse It Up!

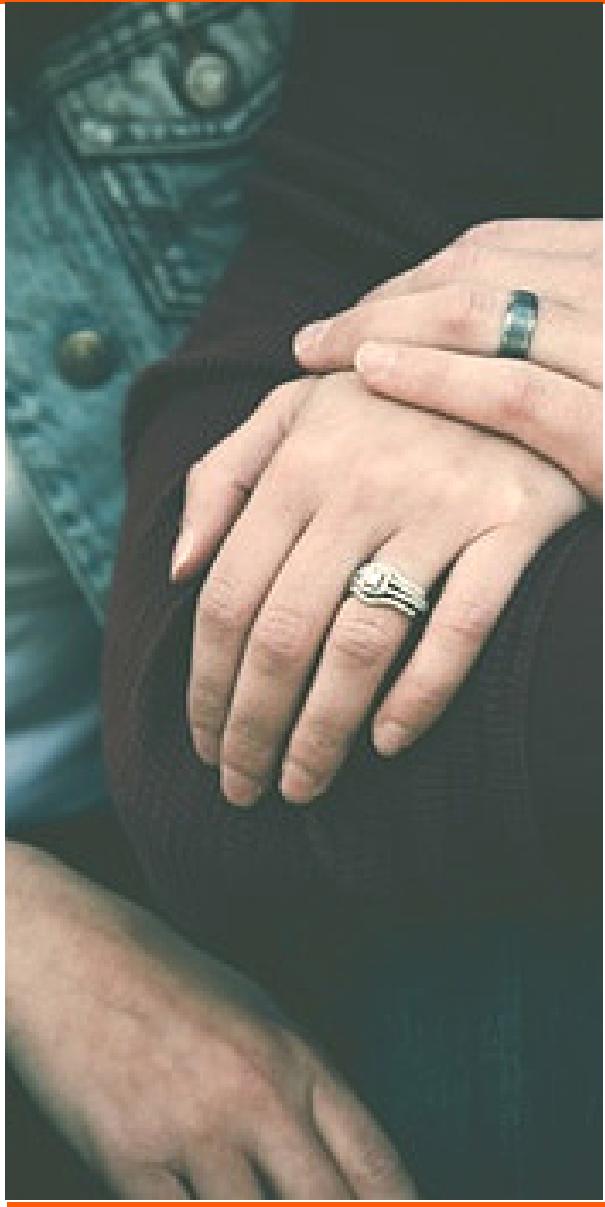


3. Surprise. Don't wait for a special date or occasion to do something fabulous or surprise your partner. Cook your wife's favourite dish or buy your husband a gift. Do it just because. Little gestures can go a long way to show how much you care.

4. Be a Master not a Disaster. The extensive relationship Gottman Institute research says that basic genuine kindness and respect could well predict the outcome of your relationship. Commit to being attuned and attentive when your partner makes a "bid" to connect with you in the smallest ways. This could be seeking your interest in an article they found online, a beautiful bird outside, the footy scores or your child's latest accomplishment. Regularly ignoring these "bids" slowly erodes your emotional connection.

4. Saying I love you is "Captain Obvious" and not a hard thing to do as long as you mean it. Regularly hearing you say, "I love you" is reassuring and lights up our brain. Really! It also keeps the emotional connection alive.

6. Find out their Love Language. You may well be trying to make your partner feel loved using a tactic that only you like! Pause a moment to wonder what really makes your partner feel loved. There are some great resources to do this online [HERE](#) or contact me on how to find out more.



TOP TIP

BE A MASTER OF YOUR RELATIONSHIP
BY BEING ATTENTIVE TO YOUR
PARTNER'S "BIDS" TO JOIN THEM IN
YOU IN A MOMENT. BE MINDFUL OF
WHEN YOU MAY DISMISS THEM
UNINTENTIONALLY.



6 CONVERSATION STARTERS

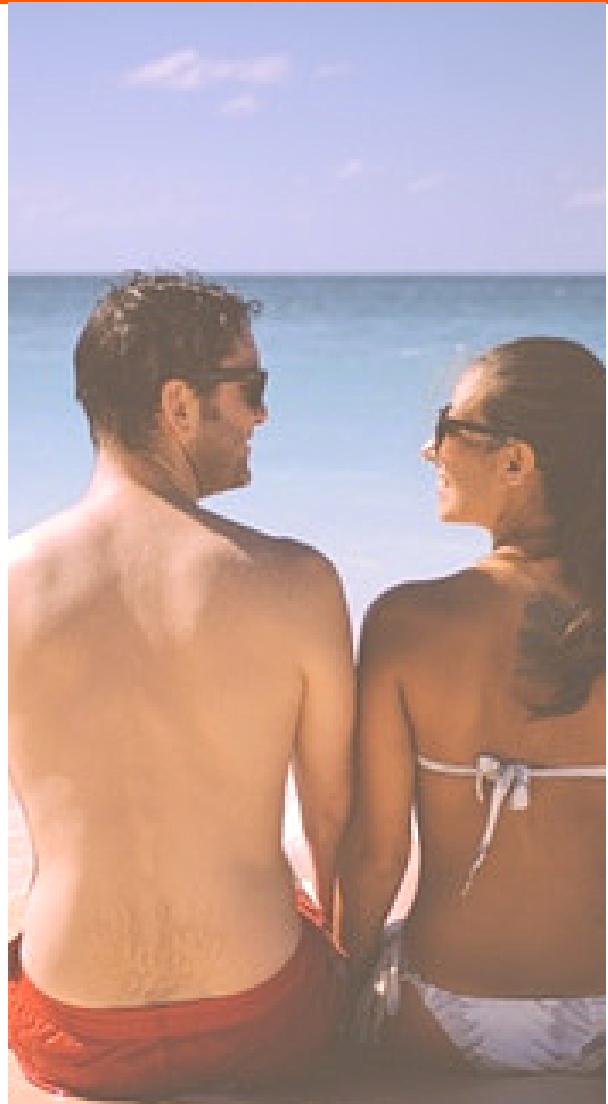
Spouse It Up!



Carve out a moment in time during the next few days without distraction from any children, family and friends and turn toward each other. Use eye contact and intentionally engage to be present and open to possibilities. If there are responses or ideas you don't agree with, enquire further and deepen your understanding instead of attempting to defend or shut down.

Stereotypically, men report they struggle with the right responses and general conversation with their adoring female whose words flow freely and with magnitude - so here's some help. If you're tempted to uncomfortably retort with ridiculous and humorous answers, try also to be real and genuine for this time intended for closeness and connection. Help your partner understand you using descriptive answers by incorporating feeling words such as excited, frustrated, scared or optimistic:

1. What are your favourite ways to spend time with me?
2. What do you long for in our relationship and why?
3. What do you want less of this year?
4. How can I help you this week?
5. How do you describe me to people who haven't met me?
6. What can WE do differently to rejuvenate our relationship?



TOP TIP

Relish the concept of new possibilities striving toward using your attentive listening talent to even more potential. Level up your relationship and grow together for that intimate connection you should expect.



6 FUN DATE IDEAS

Spouse It Up!



There are thousands of random ideas for you and your sweetheart to get out and have a tip-top time like you used to. Don't like these? Impress your partner with your adaptation of the pointers below:

1. RELATIONSHIP MONUMENT TOUR Make a day trip of all the monumental places in your neighbourhood that mean something to both of you. You might need to head further afar to the place you met, your first date or where the destination where a proposal took place.

2. WRITE A LOVE LETTER TO YOUR SWEETHEART then curate clues for them to find it together. Plant them in or outside the house.

3. LEARN SOMETHING NEW TOGETHER. Sign up for a cooking class, learn a new language together or take dance lessons. Use a calendar to plot out free and cheap events throughout the year so you can keep on exploring together.

4. GO STARGAZING WITH A BLANKET Get takeaway food from your favourite restaurant or pack a picnic. Find the planets and constellations with the plethora of apps on your phone.

5. SERVE. Spend your special day or commit to a weekly shift donating time together to a charity or cause you both respect.

6. MAKE A TIME CAPSULE Put in memorabilia and notes to your future selves. Set intentions and dreams for your future and set it somewhere where it won't be disturbed for the next year (five or ten years!).



TOP TIP

Dating in a relationship enhances opportunities for communication, novelty, sexual intimacy, strengthening commitment, and de-stressing so lock them in advance and take turns organising them. Need more?

Head [HERE](#)



6 ESSENTIAL MUST DO'S Spouse It Up!



1. Give 110%. This is particularly challenging if we feel it isn't or won't be reciprocated. It's a bonus if you're both approaching the relationship with a similar outlook and attitude. If not, consider yourself the one setting the example who will inevitably drive incredible change with no regrets and clarity, no matter the outcome.

2. Watch how you screen. You're likely looking at one as you read this right? The online screen distraction struggle is real in a myriad of unsuspecting forms from your relationship.

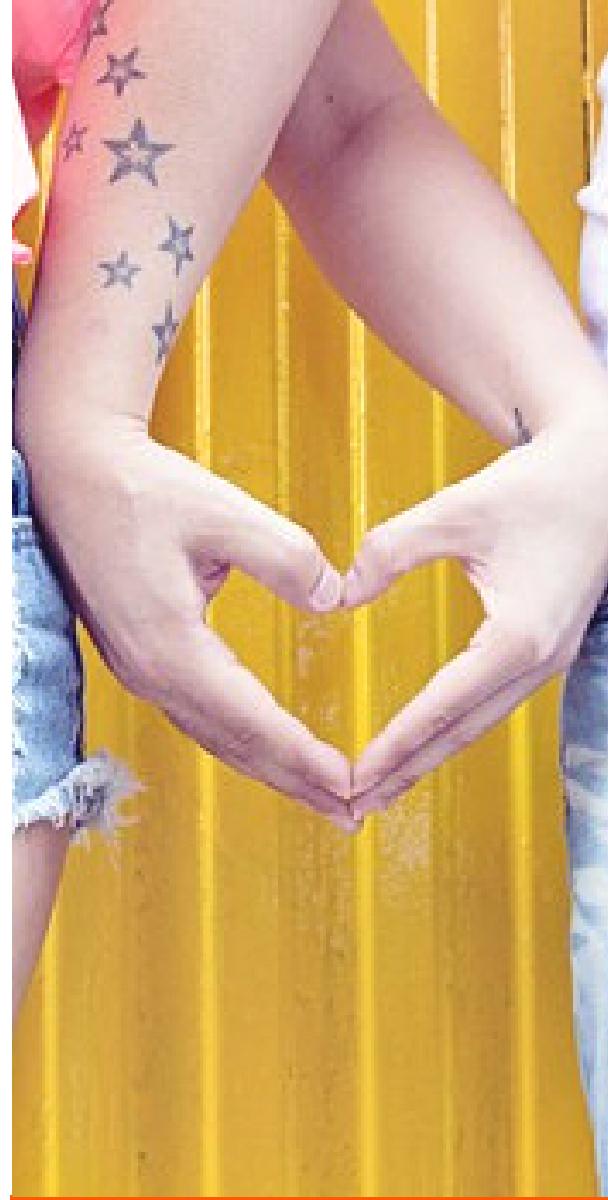
3. Leave a lasting loving legacy. If you have children, work toward being admirable relationship mentors impacting future generations.

4. Be the best version of yourself first. Evaluate your sense of worth that supports healthy boundaries to assertively seek time out and ask for quality time together.

5. Trust! If you have good reason not to trust your partner, you may need professional support from a therapist to guide you both through proven strategies to re-gain faith and hope in your relationship.

6. Be amusing and playful. Positive humour could well be the ongoing reconciliation lubricant to your joyful relationship. Keep the daggy jokes coming, your quirky jibes flowing and make fun of yourself because, if you're like me - a work in progress! Congratulations on your efforts thus far to the thriving and dynamic relationship you both deserve!

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TOP TIP

Encourage sharing the relationship load in that you're both assertively asking for what you need in a non-blaming way and receive it that way! Prioritise your relationship throughout all aspects of your journey and most of all laugh together! Still neeed more? Head [HERE](#)