



# 6 SIMPLE WAYS ON HOW TO 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 irritable 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. Hold hands. 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?

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3. Surprise your partner. Do not wait for a special date or occasion to do something special 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 research from the Gottman Institute 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 their online article, a beautiful bird outside, or your child's latest accomplishment. Regularly ignoring these "bids" slowly erodes your emotional connection.

5. 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 tactics 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 speak to your Counsellor on how to find out.



**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 find a well researched and practical resources used by a Neuropsychologist and Relationship Therapist? Here it is. **DOWNLOAD HERE** now.