

Keeping Love

Love in the beginning of a relationship is easy because of the static nature of infatuation. The easy conversation, laughing, touching, scents, and the novelty of being together soon wears off when having to live life. The complexities of home, job, family, and children soon make us forget why we formed a relationship in the beginning. Arguments replace pleasant conversations, comments turn negative, working becomes more important than spending time at home, and children are allowed to consume any left over time.

It is never too late to put love back into a relationship. It takes work to keep love going long after you first said hello. Here are 10 things you can do now to put love back into your relationship.

- 1.** Tell the other person that you love them. Do you do it enough? Be specific, Honey, you make me laugh.
- 2.** Buy her flowers or buy him something intimate or important, a card perhaps. It does not have to be expensive. Make sure that this is not tied to an occasion. The small everyday things make the biggest difference.
- 3.** Go out on a planned date. Many people forget about togetherness with the hustle of work and family. It does not have to be expensive. Read the paper for free events. Make a date night, weekly.
- 4.** Make a date for romance. Take turns making the plans. Make a plan for intimacy which is a key to keeping the love exciting. Send the kids to a baby sitter and stay home, or go to a hotel room for the night.
- 5.** When you first meet each other at the end of the day, greet them with a special hello. Regardless of how the day went, remember you have one another. After the special hello, allow for the 20 minute transition to switch gears from your day.

6. Have your own interests, but don't forget to support each other by listening to the others thoughts. Active listening does not mean keeping an eye on the TV while having a conversation. Turn the TV off.

7. Find at least one common interest or hobby together. It is important to share in something that you are both passionate about besides the daily activities. Show the other you care about their interest by saving articles or buying books on the interest.

8. Resolve the differences today. Lingering anger will slowly eat away at the good. Listen rather than talk. The human characteristic to be right is wrong because no one wins. Accept an apology as well as giving one.

9. Make sure you let each other, family, and friends know that your relationship as a couple is the most important relationship in your life.

10. Say I love you, AGAIN!



Dr. Elliot Goldstein is a licensed Clinical Psychologist. His career has spanned over 30 years and has included administering nationally known hospital and drug treatment programs. He received several awards for program

development as well as recognition for facilitating top clinical programs. Dr. Goldstein also developed one of the largest Crisis Intervention Teams in Los Angeles County serving many hospitals, including UCLA NPI. In addition to several clinics, he is the founder and CEO of Allcare Behavioral Services www.allcare.net.