

Making Life More *Satisfying*

Tips For A More Romantic Relationship

by Dr. Pepper Schwartz

(NAPSA)—Even great relationships get stale. If the creative spark has diminished, couples may find themselves behaving as roommates rather than partners—a rut that tends to perpetuate itself through a lack of passion.

Here are a few suggestions to help turn a relationship back into a love affair:

1. Change your outlook. Make romance the center of your thoughts. Stop thinking about work, kids and money for a while; imagine you're courting. Life is unpredictable and the best thing you have is a partner who loves you.

2. Change the way you make love. Buy a book that has lots of suggestions (such as *The Great Sex Weekend* or *101 Nights of Grrreat Sex*). Pick out some new ideas. Practice kissing from head to toe and asking each other which new places feel good. Pick a place where you've never made love (go ahead, be adventurous!) and fantasize that it's your first time together. Or, simply use a sensual relationship enhancer such as K-Y Brand Liquid®, a personal lubricant, to add some spice to your lovemaking routine.

3. Surprise your partner. It's very romantic to be pleasantly surprised and it really wakes up a relationship. Put flowers next to the bed for no reason. Create a picnic dinner on the living room floor. Frame favorite vacation pictures and have them on the kitchen table when your partner comes home from work.

4. Change your bedroom. Human beings need variety; their senses stimulated. If your bedroom is cluttered, covered with pet hair or just not seductive, change it! Put in dimmers, get an inviting duvet, light candles or incense, clear out



A concerted effort by both partners is key to making any long-term relationship work.

reminders of work or kids, paint the walls—something that says “this is our private, sensual place.”

5. Do something for your partner. Show you're putting time and thought into the relationship. Burn a CD of his/her favorite music. Paint a picture of the place you met. Assemble family photos into an album. The same kind of effort should also be made to keep intimate moments special.

6. Get away—even for a couple of hours. Sometimes home isn't romantic. It's associated with bills, work and children. If you can't afford hotel accommodations, swap houses or apartments with a friend. It might not be the Ritz, but at least it's not your place.

Dr. Pepper Schwartz is a noted sociologist and relationship counselor, and is the author of Love Between Equals: How Peer Marriage Really Works and Everything You Know About Love and Sex Is Wrong.