

Tips To Keep Your Love Alive In Later Years

by Dr. Judy Kuriansky

(NAPSA)—Lust may cool, but passion can be rekindled. Over time, couples may take each other for granted because they feel comfortable together. But feeling comfortable doesn't mean giving up exciting feelings. To keep love alive in later years, partners need to make some effort to continuously nurture their relationship.



Dr. Judy

• “Treat each other as new”—Couples initially try to impress one another, ask questions and listen attentively. They want to know everything about each other and think of fun activities to do together. As years pass, many stop asking questions, fall into a rut, and take each other for granted. The solution: Treat each other like new lovers eager to intrigue. Don't assume you know everything; there is always more to learn.

• “Make love not war”—Instead of focusing on what has always bothered you, think of new things to appreciate. Stop during an argument and abruptly say or do something nice. It may feel unnatural at first, but it will break your fighting pattern.

• “As if”—Instead of complaining about how things are not the way you want, act “as if” they are. This may sound like pretending, but it works. Acting as if things are a certain way makes it more likely they will actually become that way. Why continue in a pattern that makes you unhappy? Be willing to be satisfied.

• “The way we were”—Go back in time and relive the relationship at its best. Remembering and reliving good times revives good feelings and helps you initiate new positive patterns.

• “Making time”—As you get older, you create patterns about how you use your time. If these activities have drawn you apart, schedule specific time together. Make time at the beginning and end of every day for a hug and sharing feelings. And make extended time to be together several times a week.

• “I still do”—Create a special event to restate your vows to each other. In this recommitment ceremony, explain your devotion in detail. Exchange a gift to seal the renewed loving deal.

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