

7
Tips To
Ignite Your
Relationship

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Coaching

7 TIPS TO IGNITE YOUR RELATIONSHIP

Tip # 1 – Love Me

Love me. Yes, I said it “Love me”. Too many of us spend time looking for love in other places. We seek love from food, others, a lover, a spouse, our work, but we often forget about ourselves.

What have you done recently to show love to yourself?

Instead we often spend time criticising ourselves, “I am so fat”, “I need a significant other to complete me”, “I am turning 40, I am so old.” I could go on but I won’t. Even worse, we feed into comments from friends and family that diminish our confidence. Or we hold onto old criticisms from family members that no longer serve us and never have as motivators to get things done.

Loving yourself is the best thing you can do for yourself. If you don’t love yourself, why do you expect someone else to do so? There are so many things you can do for yourself and here are a few. Perhaps you can choose one for each day of the week:

- Nourish your brain; read transformational books, watch a funny movie, meditate
- Exercise: yoga, jogging, dancing, walking – movement is giving love to your body too
- Be kind to yourself; treat yourself to a manicure/pedicure, get a new haircut or buy yourself an beautiful outfit that you know would make you feel great
- Buy yourself a gift; a card that says something positive about you or your favourite perfume/cologne
- Look through an old photo album and laugh about the good times you had in the past
- Write or call someone that has been on your mind for sometime, you will probably make their day and yours too

The goal is to ignite your relationship with yourself.

Surprise yourself! You may want to do it again next week.

Tip #2 – Appreciation

Show your partner love every day in a small simple way. It's very easy to fall into a pattern or into a rut, where you assume the other person in your relationship understands everything about you and accepts you the way you are. Because, they knew who they were "getting into bed with", so to speak. Even though its cliché, with the day to day of life, we can easily fall into this trap. Appreciating your partner's qualities is fundamentally what we are aiming for here.

Little things mean a lot and a small gesture of appreciation here and there can go a long way. Just the words "thank you" means a lot. Take the time to think about the thoughtful things your partner has done for you today or this week. Whether it's as simple as; putting petrol into your car, posting a letter you have had on the table for over a week or making your lunch for you every day to take to work, these are the things that make a relationship beautiful in simple way.

So show your appreciation. Whether it's a cup of coffee or tea in bed or bringing home your partner's favourite dessert when they least expect it. Perhaps bring home flowers or an unexpected gift for the special man/woman in your life.

For Her - Rituals (UK/US): <https://www.rituals.com/en-gb/body>

For her - Marks and Spencer (UK):

<http://www.marksandspencer.com/c/flowers-and-gifts/gifts-for-men>

Or a little something to enhance your man's grooming techniques: Bergdorf Goodman (USA)
https://intl.bergdorfgoodman.com/Mens-Store/Cologne-Grooming/-cat364602_cat202802_cat000000/c.cat

Or Zara (UK/US/ES): <https://www.zara.com/uk/en/man-accessories-l537.html?v1=358070>

Remember to feel appreciated is a beautiful way to be recognised.

Tip #3 – Forgiveness

The Oxford dictionary defines the word “forgive” as to stop feeling anger or resentful toward someone for an offence, flaw or mistake, to stop feeling anger about (something), to stop requiring payment of a debt.

The reality is we all make mistakes in life. And more often than not, our egos are bruised more than the situation at hand. Sometimes it is hurtful like a missed anniversary; or as serious as the person you love has had an interaction, which you deem inappropriate, or maybe they have spoken to you in a manner that was disrespectful. But all things being equal - look at the situation as a whole and try not to blow it out of proportion or take it out of context. Certainly don't make the mistake of adding it to a plethora of other issues you have had in the past.

Examine the situation as someone on the outside looking in. Are the reasons for their actions valid? Are your feelings hurt and therefore, you want them to feel the hurt you were feeling? Do you have the ability to kiss and make up? Does your partner recognize your disappointment enough to not make the same mistake again?

Having the ability to accept your significant other's apology, even when you really don't want to its a beautiful action. To be able to say “I'm sorry” and truly mean it is huge and therefore accepting and acknowledging that action is also beautiful thing. Being vulnerable is difficult, however, it allows you to move forward and not break down the walls of a relationship you may have spent a long time creating together or even a new relationship you are trying to build.

Try it! The power of forgiveness is awesome and certainly not easy, but you will feel a wonderful sense of accomplishment.

Tip #4 – Meditation

Very often, when there is an issue in the relationship, we resort to arguing to prove a point. Someone has to be right – right? Well at least we believe it to be the case. But what if we approached an issue from a different perspective. For those of us who are religious, praying maybe your method but what if you did something else.

Perhaps change the vibe by being silent yet doing something positive together. How about meditation? You may believe you don't know how, or don't know where to begin. Just trying is the first step. Together, hold hands, and breathe. Don't talk - feel. Hold hands in silence with your eyes closed. Explore how this feels. You may giggle at first, laugh or feel silly, but if you attempt to get to 10 minutes, you may find something beautiful going on between you. The silence allows you to stop and question whether your reaction is irrational or warranted. It gives you time to take pause and think.

If after a couple times, you really like what you're feeling, perhaps its time to take it to the next level to improve your practice.

Attend a centre where you can meditate with like-minded people.

Or read one of Deepak Chopra's books:

<https://store.chopra.com/booksaudiobooks.html?acc=c4-ca4238a0b923820dcc509a6f75849b>

Another great option is to sign up online to Davidji's meditation

<http://davidji.com/meditation/>

Remember there doesn't have to be a winner, rather it should be a win-win situation.

Namaste!

Tip #5 – Compassion

Compassion is allowing your self to listen; feel or see what your partner, friend or colleague is experiencing through their eyes. Giving them a shoulder to cry on or the space to express their anguish in a loving and supportive manner.

Being compassionate may often require no judgement and no commentary. You have the ability to create a space for your loved one to feel safe, to share what ever it is they are struggling with in that moment. It is often difficult to open up and show your vulnerability; therefore, extra caution and patience is required when the person you love or care about is deeply distraught and needing your attention - for however long is required. Show empathy not sympathy.

Taking it a step further to show your compassionate side may require you to take some actions outside of your comfort zone. Perhaps attend a church service with them, visiting family members on their side you don't care for, or simply listening to them when you least desire.

A loving gesture maybe for you to provide them with books on the subject they are struggling with, or attending a support group with them. Warm loving conversations, hugs and kisses can simply be what they need most at such a challenging time.

Think of what would make you smile – perhaps you can bring a smile to their face when they least expect it.

Tip #6 – Listening

Listening is different to hearing. Often times we hear what we want and we don't listen to what the other person is asking or requiring of us. We are so often caught up in finishing the sentence of the other person, because we feel as though we already know the answer, so we pre-empt the ending.

It is truly a skill, which many of us do not possess, especially if you are talkative. If you listen, a person will tell you what they want and don't want in the relationship. Our natural tendency is to hear the pieces that apply, and rely on tonality and intonation in the voice to make assumptions about where the conversation is going.

If the person approaches you in a defensive manner, do not immediately assume that you are being accused of some form of wrong-doing. Rather, be open to where they are leading you to in the conversation. Listen to the dialogue and language being used. Perhaps, they are speaking to a situation, airing out an event in their mind or thoughts they may have about circumstances, which may have occurred. Sit back, listen and watch that space.

Both women and men tend to vent about situations, requiring different types of resolutions. Men want to solve an issue fairly quickly, women on the other hand tend to discuss it with a few people to get to the answer. However, at the end of the day, every one deserves the right to be heard and the only way that can happen is to listen intently to what exactly is being said.

If the person is telling you they are feeling tired, what they may really be asking for is some attention. They need some down time to do something for their them self.

Perhaps you can answer them non-verbally by organising a massage at a beautiful spa or at home. Or giving them a gift that they would appreciate but not necessarily give themselves.

If your partner is complaining about cooking all the time, perhaps you can surprise them with a mini trip – taking them on Eurostar for lunch in Paris – ooh la la!

If you listen close enough, you may learn something, you didn't know existed before.

Tip #7 – Generosity

The Oxford Dictionary's definition of generosity is "The quality of being kind and generous."

The most beautiful thing about giving is you will always receive, especially when you least expect it. Being generous with your time, money and love are all beautiful characteristics that can be done freely and at will. Not expecting reciprocation is where the fun begins. This quality, is so appealing to people you attract and who you find attractive.

It's an idea that can be shared with more than your partner but your friends, family and children.

As an example, be generous with your time. Help an elderly neighbour or a friend who is having a tough time with their children.

Invite three or four close friends over for cocktails and nibbles, just to show you care and are connecting with them.

Or with your partner have a planned monthly date night, host couples at your home and play games of intimacy, share fun ideas with the other couples. They'll appreciate your generosity. Or offer to babysit for them so they can have a romantic evening out or a quiet time at home alone.

Don't forget to laugh, at each other and with each other. Pay attention to the small things. Bringing home an unexpected pastry or small bag of chocolate could just make their day.

Being a little more generous can turn a sour situation sweet.