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Choice Relationships: Use Spring As a Time for New Beginnings

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My Personal Insights:



I absolutely love springtime. I so enjoy the longer days, I marvel at the buds reappearing on the trees and bushes, and savor the lovely sounds of the birds that have flocked back north. As I get to don the heavy jacket, an ease of movement and a sense of freedom comes over me. I feel like everything is waking up and coming back to life. Based on this, I decided to have this newsletter speak to ways to bring your relationships back to life.

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Putting Life Back Into Your Relationship – New Beginnings

Unfortunately, many people don't realize that relationships go through periods of ups and downs. The fact that there are lows doesn't mean it is a bad relationship or one that you should give up on. As with the changing of the seasons, relationships also have their natural courses and often will square themselves back on course.

But – you can also be proactive and make the choice to inject some actions that can give your partnership a boost. By doing these simple acts, it will allow you to turn things around – you can actually change the course of how your partnership has been going! Just because you've been with someone for a while, doesn't mean you have to settle for "same old, same old."

Choice Tips:

1. Commit random acts of kindness for one another. Remember that doing lots of small things often are really what helps improve a relationship. And when they are unexpected, they prove to be far more appreciated.
2. You need to give love in order to get love. When your mate is down or grumpy this is especially difficult to do. But generally when someone is acting this way, it's because they are feeling badly and need extra loving. So extend yourself a bit and watch the results.
3. Be affectionate – do non-sexual touching. Among the touching you can do is hand holding; this has been proven to have many physical and psychological benefits.
4. Ask your partner for their opinion and then listen to what he or she says. Even if you end up not taking the advice, it lets your partner know that you value what he or she thinks.
5. Show concern for one another. If you know your mate has an important meeting or MD appointment, jot it down so you remember to ask about it. If your partner is troubled by

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some issue, be willing to "lend an ear" – being empathic, supportive is a big part of making couples feel connected.

6. Make sure you spend time together. Even 15-20 minutes a couple of times a week that is uninterrupted, just for the two of you, will make a big difference. So turn off those cell phones, don't watch TV, let the answering machine do its job. Springtime is a wonderful time to take walk together holding hands!

Additional Resources I Recommend:

This was sent to me in an e-mail. It's the Daffodil Principle. I loved the message and it seemed really appropriate for this newsletter:

[Click here to read!](#)

There's an article written by Larsen who believes as I do that it's common for couples to "get in a rut" but there are things to do to improve that state.

[To read it, click here.](#)

Gottman, J. *Why Marriages Succeed or Fail: And How You Can Make Yours Last*, Simon & Schuster, 1995.

Empowering Information and Tools:

To help put a boost into your relationship and revitalize it, check out my book, Marriage Magic! Find It, Keep It, Make It Last

[Find out more about this book](#)

Be sure to [check my website](#) frequently to see what FREE teleseminars I'm offering.

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Dr. Karen Sherman, Ph.D. | 50 Pasadena Drive | Plainview | NY | 11803