

LL33-How to bring Passion back?

I'm Alvean Lyons, and I'm Doug Weiss and welcome to Love Life.

So Douglas,

We talk to people all the time, we hear messages from our listening audience on a regular basis and they always challenge us to address the things that we often don't discuss but think about, feel or need to discuss. So today's topic really speaks to people who have been in a relationship for a while. When you first start a relationship you're all excited and into each other and all the juices are flowing and you've got all that great chemistry going, but we'll often find that at some point in the relationship we recognize that the fire it's not as hot as it used to be. What our audience wants to know is what ways can one bring passion back into an already existing relationship. What do you think.

Well first, I agree with you that maintaining the level of intensity of a relationship that you have at the beginning of a relationship is nearly impossible these things have ebbs and flows. But I think it is possible to maintain passion in the relationship and one of them from my perspective, one of the most important attributes is spontaneity, to break out of the mold of the expected. When you walk in the door and without a word walk up to the person that you are sharing your life with and grab hold of them, hold them close kiss them. Whisper into their ear, whatever it is that are your moves. Don't stop, don't take prisoners. That is an incredible moment. Unless your mate is completely distant and aloof you're going to trigger something. But don't do it in a calculated way, do it because you feel it. Do it because at that moment that's the way you want to express yourself, and being physical is fine as long as it's not overtly saying honey you know let's right away go to the bedroom. At the risk of using that trite phrase foreplay is really about creating the conditions for what it's really about, the intimacy, the sharing, building the heat, so I think spontaneity is critical.

Fascinating, because your idea was so right. I think another thing is touch. That's vastly underrated and it can be as simple as just putting your hand up against your partner's hand, just feeling a different part of them. And it doesn't have to be in an overtly sexual way, it may lead to that I think it probably would, but touch is incredibly underrated thing. Ideally do that in an atmosphere of some quiet so that there's a focus around the person you are with, that you see them and only them, when you're not being distracted. But a little background music that's fine, turn to your Alexa or whatever and put on some music, but be focused around the person that you're with. And then the third thing that I would single out his location. While you can have passion anywhere, there are there are locations that are more conducive places. Places that are serene really are very conducive to this because you both relax. There's no tension, so this is not something that's going to happen with the kiddies running around; this is not something that's going to happen. And I'm speaking here to both genders, but a little more to the women that I know. I know you love your puppy, but your mate does not want to have to compete with your puppy for your attention. So, if you want to love him there are times for that, but when you want my undivided attention I want your undivided attention, that's fair. So, give the puppy a treat and then send him or her on their way, put the kids with your babysitter or have that date night out, but whatever it is, pick a place that's conducive, where you both feel relaxed and positive. And let things be natural between you, this isn't a forced march that has to end with both of you right in the throes of passion. Sometimes it can be just as rewarding for the night to end with both of you just curled up with each other and feeling good; just feeling that you've had an exchange that built, put another building block in place why you love each other. Those are my initial thoughts and I reserve the right to come back with more

First you need to learn the love language of your partner. Because our ability to be effective in communicating something really is based on our understanding of the language that our person speaks. So if we are trying to convey intensity and passion and intimacy and we're speaking through our language but we're not speaking through their language you can find that feeling falling flat. I think it's important to make sure that you know the language your partner speaks. Gary Chapman did some great work on The Five Love Languages several years ago, and they include quality time in touch, words of affirmation, acts of service, and gifts. So, if your partner receives love through quality time, but you give love through gifts you might be displaying love but

your partner is not able to see it and experience at the level that you want, because it's not their language. So, I think it's really important as we start to look at ways to bring passion back into the relationship that we're shooting a straight arrow that we're actually doing things that are going to be able to be received by our partner. If you think about it in terms of, if you speak English and I speak French and I say je t'aime, I'm saying I love you but you don't know that's what I'm saying. That's what happens when we do these things that are our ways of speaking but our partner is not able to hear them. So, as we start planning our moments of passion the next thing that I would say is that it's the simple things that matter. You're so right about that. One of my favorite things if I'm in the kitchen, and I'm not saying this in terms of the traditional role because I don't always cook, but when I do, I love it when Matthew walks up behind me and for no other reason I can just feel his whole body pressed behind me and he just wraps his hands around my waist and he's not asking for anything. He's not saying anything, but just the feeling of all that man right there, that's wonderful. In the converse, he's a great cook so it's not unusual to find him in the kitchen at all, and I will walk up behind him and I'll put my hands up his shirt so I wrap my arms around him so that there is skin to skin contact and I put my cheek up against his back and I just hold my face there. I can feel his heart beating in my hand and he'll stand still, he'll stop what he's doing, and he'll stand still and we both just kind of seek to let that whole moment just be.

You and Peggy have been comparing notes.

You know Peggy and I are like siblings who were separated. I just let the moment sink in and then he always turns around and he hugs me real tight and he may kiss me and we might not say a word and we'll just separate and go back to whatever it is that we're doing. There's something about that infusion of connection that leads to deeper levels of passion inside of a relationship.

Speaking of cooking, guys, if you are a good cook that is another way to show your attention. We're going to share a meal for Valentine's Day so asked Peggy what she wanted and I made that meal for her. I went shopping, got everything ahead of time. Now I cook all the time and so that's nothing unusual, but of course this was a little bit nicer meal. And of course, there were yellow roses and there were some other touches that made this a full court press.

You don't have to wait for Valentine's Day to do that by the way, please note. It doesn't have to be on the day. It's actually far more exciting to us when it's not planned.

And I think too that sharing something with your partner that they enjoy, that isn't necessarily your thing, but their thing, is a wonderful way to discover something. Ladies, maybe I'm going to pick something just bizarre here, but maybe your guy is a fisherman and that's what he loves to do, to go out on the boat and go fishing. Maybe that's not your thing. No one says that you have to enjoy his hobbies but once in awhile, you might say I'd love to go fishing with you, pick a date. You know he'll light up, because he knows you don't like it, he knows that for you that's an act of devotion. This is how we make investments in each other, that selflessness that you practice. It's going to come back to you. That's not the reason you should do it, but it is going to come back to you. Reciprocity as we know is a fundamental in relationships. We're in this together for each other but we're also in this together to get something out of it, and if it's not happening then the relationship will grow fallow.

Absolutely. The one final thing that I would say is you know being naked with each other, and we've talked about this before, that it is so healthy for a relationship to not have clothes all the time--- clothes both figuratively and physically. It's not about sex, it's really just about the fact that I am not hiding any part of who I am from you. I happen to be a huge advocate of getting in the shower with each other and just talking. Let me wash your back, you wash mine. It might not even be that. You can both do your respective things, it's not a big deal, as much as it that there is no distance between you. There's nothing that I'm hiding from you and I can just sit and look at you and listen to you and be in that space in that way and not be selfconscious. We often think that we can hide the things that we're not happy about in our physical presence from our partner and you shouldn't want to.

You know we are who we are. if you want to work on those things that's fine but your partner loves already

exactly the way you are. To misquote Gypsy Rose Lee sometimes what you don't see is more alluring and so revealing yourself all the time isn't necessarily a prescription, it's more about creating a little bit of mystery, a little bit of allure, a little bit of sensuality between you.

We could probably go on for ever and ever but we need to bring this conversation to a close for today.

Write to us at doug@lovelife.digital or alvean@lovelife.digital and give us your thoughts or ideas for future episodes. Write to us at doug@lovelife.digital or alvean@lovelife.digital We want to thank Chelsea Washington, our producer, Todd Washburn, our Recording Engineer and the entire Love Life family, including you, our listeners. We'll be back next week with another episode.

Until then thank you for listening and have a fantastic week.