

Hi, I'm Doug Weiss, and I'm Alvean Lyons and this is love life.

Well, good morning, Alvean.

Good morning.

Doug

You know, we have a topic this morning that well, I, I'm not sure how, how I feel about this. It's kind of the, the negative side what our show is.

But it comes from, from a listener who who wrote asking what do you do when the first blush of love seems to be over. You know, there's nothing more exciting than that first blush, when you first meet someone and that spark of attraction and you can't get enough of each other, and you just want to sustain everything at that level forever.

I know that you have a wonderful marriage and I have a great relationship. But it's, it's different than it was that first, whatever, month, six months, a year, whatever that interval was. So the question for us, what do you do? Is there a way to get back to that? Or is that even a an appropriate goal to have... is that is that even feasible?

Alvean

Well, you know, I happen to be one of those people, I am truly a romantic. So I totally admit that I live for love, I love the feeling of love, some of us would say that, you know, one can be in love with being in love, I genuinely enjoy that. And I've been married for a very long time, 22 years to be exact

Doug

You can't possibly be

Alvean

I know I got married at 3 and you are 25, right?

Just I got married I was Simba and Nala and we were betrothed.

But no, we did get married young, we got married in college, which is very much the culture of my family, we get married young and we stay married forever. So I know what it's like to go

through those ebbs and flows that exist inside of relationship and really understanding that staying in love, because you can drift from in love to love very easily. And it's and it's been, and companionship and respect in a mutual you know, enjoyment for one another. But it's not, there's no fire in it anymore. And trying to stay in love is to maintain the fire that exists inside of a relationship. And that requires a level of intentionality that most people are not accustomed to. And what I mean by that is that we tend to believe that if you pick the right person, you'll always be able to stay in that initial place. And that is not at all you could pick the right person. But if you start doing the wrong things with the right person, you will not have the kind of outcome the kind of experience the kind of passion that you want to have. I've been through spaces and time there. I can't honestly say there was ever a period of time it wasn't in love with my husband. But I can say there were periods of time where the passion definitely wasn't at a level 10. And I would miss that. And I would notice that and I have a lot of guy friends, and we talked about this, I talked about this during their seminars all the time, I would find myself really enjoying the attention of my guy friends, never an appropriately but just enjoying it in a way that made me aware of the fact that I'm on the inside, I'm looking for something that really belongs to Matthew. And so we would have to make a conscious decision and be open in our communication to say, let's, let's intentionally spend some time together, let's explore each other in different ways. Let's make it both of our priorities to put that fire back in that space. But it does require real, real commitment. And, as I said, intentionality. What do you think? Douglas?

Doug

You know, in a way, this reminds me of what we talked about in last week's episode, to a degree in that is the way in which we can get caught up in the business of living our lives and forget what are we doing here? Yeah, what is it what's the outcome, if you will, that we're looking for, I want to plead guilty --Mea Culpa

I've done that I do that I do get caught up sometimes in the business of my life. And it's not that I put my relationship second by any means, but that it gets, in a subtle sort of way, crowded out by a lot of other business of things that need to be done in the day other things that are competing for attention and time.

So one of the things that I I need to work more at is to carve out time. And maybe this is part of what you're suggesting, when you talk about intentionality to carve out time that is really committed to someone else, the person that I care about, and making time to both listen well to them, understand what they're feeling, what their needs are, and not be distracted by a cell phone a social media feed that's coming in, not be distracted by some chore that I have to do, not be distracted by what's on TV or on the radio or any other media input, and allow myself to be focused about them. And then I think also, quite frankly, to try to remind myself, What is it about this person that attracted me in the first place.

Alvean

And what's so interesting is how easily we slip into autopilot. You know, that the things that we did to win the person we don't do in keeping the person and we don't think about, you know, like, I already I already chose you, I, you already know that I love you. So you know, that this can, this can just be one of those things I don't have to work hard at, because love is already

there. So I just let it do what it is that it does. But little thing that comes with that is that anything that is not growing is dying. And I don't mean that in a morbid kind of way. But there is no homeostasis when it comes to love. There's no will stay at level seven always you are either slowly growing or slowly dying. You just have not yet seen which direction it's headed in. Because time is always the thing that that gives you evidence of that there's a time tells you what you have been doing inside of your relationship or not doing for that matter. So I find myself now especially further into our marriage and learning more about the kind of love that I want to maintain. In my marriage. I actually find myself doing silly things like I love romantic movies. So the notebook I absolutely love, I don't care what anybody else thinks about it. I've watched a million times I love dear john, judge me if you want to. There's certain things I love. Okay. So I watch these movies a million times. And I find myself consciously making the decision to look at elements inside of the movie that I adore. And connecting them to thoughts of Matthew like that. I love the way that he touches her hair. Because Matt touches my hair. Like I love the way that he looks at her. Because Matt looks at me like that. Where I'm not looking at the characters to want for life. I don't have I'm looking at the characters and taking the things I love about their interaction and timed into my life. such that when Matt comes home after I finished watching some of these movies, I'm all over him. I've been thinking about you for the last two hours. And while I was watching this, but it's an intentionality about you know, the ruminating on what's great about the person that you're with that we did without thought when we first got into relationship with them that we really find ourselves falling out of if we don't do it on purpose further into our relationships. Yeah,

Doug

Well, I mean, that's just packed with really important valuable lessons for me. And I want to say that I think that the there in we've talked about this before that sometimes there are things where the differences between men and women are are not great,

Alaven

Right.

Doug

But there are times when there are substantive differences. More I think that our cultural conditioning. I think that for men in general, struggle with our, if you will, feminine part, we struggle. As an aside here, I should say that there is a masculine part and a feminine part to all Sorry, guys, you may not connect to that idea. I will go to two movies, and I will cry. I've said this before, so I'm not revealing anything new, you know, I'm sentimental and romantic. And understand that is the more feminine side of me. By that I mean that it is the side of me that is more in touch with my emotional inner life, You know, guys tend to live outwardly, we are more on the surface rather than inward or less reflective. Again, these are terrible generalizations, but they tend to be necessarily true sometimes. And because of that, we take less time to think about, you know, why is it that I feel this way? Why is it that whether we're examining love over examining any emotion.

So when you describe, thinking about and putting yourself in a frame of mind that when physical Matthew is in front of you, that emotion can come forth. that's a very powerful, I think, prescription that more of us as men hot to learn to follow. I mean, you can do the gestural thing and the gestural thing is, start by, you know, on your way home, guys, stop, pick up some flowers, you know, do something that..as long as she she's not allergic. Yes, yes, do something unexpected. I have a friend, a poet named Robert Creeley, I would say it's a friend so much as he was actually a mentor for a while, and years ago, and he has a wonderful poem in which he wrote a book of pumps called for love appropriately. And I love this line. He said, Never underestimate the power of an amulet. And quick surprise. So piece of jewelry, flowers, and it doesn't matter what it is. It's not the intrinsic value, it is the gesture of love. It is the gesture of I was thinking about you, that may be an easier way for men to access this inner feeling, because it's sets in motion a chain of thoughts, as you're thinking about, I'm going to break this surprise. Um, this is, this is my way of, of, you know, to use a medieval expression, plighting my trough, I think it's, I have to look that up again, and find out what that really means.

Alvean

The historic references Yeah, but

Doug

it's a way of signifying my feelings for you. And I think that's a powerful gesture. Often when we start you know, this is how we've learned this little kids we learned through gesture and then eventually we were able to verbalize and then we were able to think about So start with gesture and then move it outward from there you know, it's simple but sometimes these old

Alaven

They do they absolutely do. Anywhere we spend our time on the inside really affects what happens on the outside so if you're ruminating on that somebody is not you will only see their deficiencies in your ruminating and meditating on what somebody is you will see their abundance but in our inner life often becomes our our life so we have to be intentional we want to be able to recapture that romance we have to do some of the things we did in the beginning and those things were very intentional they were very consuming because we allow ourselves the freedom of that and we can't let love Come on autopilot if we wanted to still have passion so it is definitely is definitely work and no matter how great the person is that you choose you're going to have to make the investment if you want to keep

Doug

so there really are words of wisdom That's another episode of love life

Alvean

with the extra emphasis on love

Doug

We are so happy to be here this week with you and with Kamaria our producer and Todd our recording engineer and if you'd like to write to us if you have a subject you want to talk about please do so you can reach me at Doug at love life dot digital or Alvean at love life dot digital and we would be delighted to hear from you and we promise that we will take up your question on the air. Until next week