

Special Report: 20 Rituals For Romance

by Dr. Adam Sheck, www.thepassiondoctor.com

When we begin a relationship, we have certain behaviors, certain routines, certain habits, certain rituals of courtship. These “rituals” aren’t that complex, yet they are powerful. They are what attracts us to each other and allows us to create a relationship.

Unfortunately, once we are in this committed relationship, we begin to get sloppy and take our partner for granted. By reestablishing these habits, we can re-ignite the romance in our relationship. Below are twenty “good habits” which will help you get back to romance.

My recommendation is to start with whichever one seems the most natural and comfortable for you. Then try to add one to your regular routine every week or two. Eventually they will become regular habits for you and you will find that having romance in your relationship will be something natural and habitual for you! How great will that be?

1. Make a list of the “special days” and celebrate them!
Examples might be the day you met, a monthly or yearly anniversary date, and any other special occasions that you used to celebrate but now don’t make important. On these days make a point to spend some quality time together. Cook a special meal. Buy a card. Write a short letter. Let your partner know that you didn't forget them or the occasion.

2. Toast each other when you sit down to dinner.

It doesn't need to be with champagne or wine, even a glass of water or iced tea will do. Tell your partner something you love about him or her and then drink to it!

3. Be spontaneous with your partner!

Get out of your routine and try something that you've been wanting to do, but just haven't been ready or willing to do. Take the risk! Get out of the rut! Don't be shy, express yourself and see what works!

This doesn't have to be something huge and monumental. It can be as simple as taking off for a day to the beach or to the park or to a museum. Maybe you'll put together your lover's favorite meal and serve it by candlelight. Better yet, serve it to them in the altogether! What a great way to show your fun side!

Being spontaneous can enrich and strengthen your intimate moments. Do something out of the ordinary, surprise your partner and have fun doing it!

4. Make time for romance in your life!

Don't forget to date. That's right, you can actually date after you've been together for a long time the excitement of those well-planned, anxiously awaited dates.

Wear your best clothes, go to a fancy restaurant, hold hands, and look into each other's eyes like you did when you were dating. You wouldn't have even thought about canceling a date back then, so don't let the mundane duties of life get in the way of time with each other now.

5. Take pictures every week or maybe even every day!

Don't save the camera for just holidays and special occasions. Create a visual scrapbook of your everyday lives together. Better still, set the automatic timer and pose together. You will both appreciate the warmth of the moment when you see these snapshots in an album down the road.

6. Set aside something each day for your partner.

It might be a magazine article you read during your commute, a link to a website you came across, or even a story you heard at the office. They will appreciate that you took a moment to think of them during the course of your day.

7. Do something thoughtful every day for your partner.

Maybe it's making a cup of coffee or hot chocolate in the morning or putting a sticky note in a purse or briefcase, or leaving a chocolate 'kiss' on the night stand before bedtime. Everyone loves a romantic surprise.

8. Compliment your partner every day!

It's always easy to practice flattery at the start of a relationship, but also easy to forget to do so later on. Remember that everyone loves a genuine compliment and your partner is no different. Be generous with your compliments. Remember, compliments may be free, yet they're invaluable to a relationship!

9. Dress up for your partner!

Let him or her see you at your best. It's ironic that we dress up to meet total strangers but we let ourselves go around our nearest and dearest. We love to see our mate in attractive outfits, in well fitting clothes and perhaps with a hint of a favorite fragrance. Keeping up our appearance is simple but so important for our own self-esteem as well!

10. Be honest with your partner!

If you are feeling stressed or under the weather, they will appreciate your honesty and will know not to take it personally when you are in a bad mood.

11. Trust your partner's decisions.

You may not agree with everything your partner does, but truly having trust in another person requires that you accept the decisions they make. You may not always agree with the way they handle a crisis situation for example. While it is your responsibility to talk about your concerns, it is also your responsibility to step back and not argue once a decision has been reached. And if the outcome doesn't play out as anticipated, avoid saying "I told you so."

12. Be physically affectionate with each other.

In the beginning, couples touch each other often: holding hands, stroking hair, hugging, putting their arms around each other. When romance falls away from a relationship, often the only time people touch is when they want sex. This can make your partner feel used and unloved.

We all need that non-sexual touch. As children, we like to be held and cuddled. Think of how good it feels when your partner snuggles up against you. We never lose that strong need to be held. It may be suppressed due to traumas in our life, but healthy touch is essential. We need to be tuned into this desire and start that touching again. Be physically affectionate and when it's time for sexual touch, your partner will be even more receptive!

13. Tell your partner you find them attractive!

Again, this was easy in the beginning of the relationship. Maybe you stopped noticing your partner's appearance. Perhaps you just don't take the time to really notice your partner in any fashion and they feel taken for granted.

This can cause them to feel hurt and rejected. It can even cause them to stop taking care of themselves and trying to be attractive for you. Even worse, it could cause them to try and look especially nice for other people. We all know what that can lead to!

And, as we grow older, our bodies change. It's inevitable. Just as

our bodies change, our relationships change. It can be a huge help to your relationship if you reassure your partner that you still find them attractive and sexy. Don't assume that your partner knows this – tell them!

14. Learn new things about your partner!

Remember when you first met and found yourself talking for hours and hours as you got to know each other? So often, as we progress in a relationship, those conversations die off as we go about taking care of the business of life. We don't make time to talk to each other like we used to. Your feelings about your spouse may not have changed, but you just express them differently.

In the beginning, you listen to the other person to learn more about them. Once you know these things, you may feel like you've run out of things to say and don't find any need to really listen anymore. You both are always growing and changing. Find out new things about each other.

15. Listen to your partner!

The hardest part of good communication is good listening. When you just sit and listen to your partner without the pressure of having to provide solutions to problems, you will relax more and be more willing to share your own victories and losses. When you take the time to talk – even about the mundane things – you'll realize that you're in this relationship together and you will experience even great closeness!

16. Devote twenty minutes exclusively to your partner!

Periodically, take twenty minutes from your day and make them the focus and shut out everything else that might distract you. If you're not sure how to spend the twenty minutes, just ask your partner. Some basic suggestions are to listen to their concerns, talk about your day, dream about the future, and reminisce about the past.

Devoting this time to your partner will be freeing, liberating, and a moment you can both share. You will find yourselves looking forward to that twenty minutes and saving up your energy to reconnecting and reclaiming your passion for each other!

17. Pay attention to the little things!

You've heard people say that it's the little things that mean the most in a relationship. When you're trying to get your romance back, those little things can make the biggest difference in a relationship filled with romance or one filled with angst.

What little things are we talking about? Taking out the trash, unloading the dishwasher, washing her car, rubbing his feet after a rough day. We all appreciate the little things. When you can express your love by doing something small, your partner will know that you realize those little things can add up. You are making your partner happy and they will feel like you are really a team.

18. Go on a weekend getaway at least twice a year.

As enriching as dates are, you also need extended periods of unhurried, relaxing time to nurture your love.

Go somewhere conducive to letting go of tension and daily concerns. Wherever you go, make sure times of romance are central to your daily schedule. That means walks along the water, long naps in the afternoon, and evenings filled with moonlit dinners and pleasant conversation

19. Create consistent time to talk about your relationship.

When a couple feels like their marriage is dry and dull, think about what you usually talk about when you're alone. Most often it will be work, the kids, finances, and upcoming events. At this point, ask how much time you spend focusing on your relationship — on your love life. Usually, you'll find yourself noticing that you focus very little time

on it at all.

Romance is sure to wane if you spend the majority of your time discussing the mundane tasks and obligations of life. The next time you're alone with your partner, focus on your relationship. Lovers who still have fire between them are in the habit of discussing their relationship, talking about how their love was born, and sharing with each other what they feel.

20. **Laugh together!**

We know that laughter is the “best medicine” and that it has many positive benefits on the mind, the body and the spirit. In addition, it is a wonderful healer in relationships. You really can't be angry at your partner and laugh at the same time! The couple that can laugh together, can make fun of each other in a good-natured way, will be more able to weather life's challenges together. Laughter creates positive feelings and experiences and promotes good will together. Talk, listen and laugh together and you will become best friends.

Conclusion:

So there you have it, the full list of “20 Rituals For Romance.” Practice them with an openness and willingness and you will soon be renewing your bond of intimacy. Be sincere, open and honest. Communicate about love, sex and the relationship. You won't be sorry that you did!

And, if you have any favorite “Romantic Rituals” that were not listed in the twenty, please email me and I will include them in the update to this list. You may email me at:

adam@thepassiondoctor.com

And, if you're looking for even more specific ways to create more

romance and passion in your relationship, please click below and check out my ebook, "101 Ways To Bring Back The Passion!"

<http://thepassiondoctor.com/101-ways-new-subscriber-special>

I wish you the best in your relationship and if I can support you in any way, please contact me.

Thanks so much,
Dr. Adam Sheck

About The Author



Doctor Adam Sheck is a licensed Clinical Psychologist specializing in Couples Psychotherapy in Los Angeles, California. His deepest expertise is in supporting sexless/touchless couples to reignite and bring back their passion. He is certified in Imago Relationship Therapy, made popular by Harville Hendrix, Ph.D., author of [Getting The Love You Want](#).

He also works with singles who want to understand their “relationship blueprint” and attract a healthier relationship into their lives. Dr. Sheck has taught graduate classes in Marriage and Family Therapy for over 10 years. He was Director of Psychology Training at a Community Mental Health Center for 16 years where he created and facilitated the Couples Counseling Program.

Dr. Sheck is available for private couples’ sessions in person at his office centrally located in the Los Angeles area. He also offers telephone and video/Skype sessions for out of area couples.

For highly motivated couples, he provides “Intensives”, which are half or full day couples sessions intended to jump-start the couples' work or help couples to “power through” some of their more problematic issues.

You may contact him at: adam@thepassiondoctor.com