

Valentine's Love That Lasts: 5 Tips for Creating a Love that Lasts a Lifetime

by Jean MacKenzie

Most people love the special attention associated with a well thought out display of affection. A fabulous dinner and your favourite box of chocolates on St. Valentine's day, a surprise party on your birthday, or a bouquet and a lovely card on your anniversary can all make you feel pretty special.

However, none of these things will make up for a lack of affection in your day to day life.

It is easy to take your relationship for granted and forget to do the small things that show your partner you care. However, if you start now to make a daily effort to show your spouse you care, the extra effort you put in on the big days will mean so much more.

Time is a precious commodity, but if you can show your spouse you care despite your busy schedule your effort will definitely pay off. Here are 5 quick and effective ways to rekindle the romance in your relationship.

1. Use post it notes to strategically place exclamations of your love in places where your partner is sure to find them. My favourite is placing a note on the bathroom mirror for my husband to find when he gets up in the morning. (We have a secret code word that we use that makes it kind of fun.)

2. Make an effort to greet your spouse with a kiss when you reunite at the end of every day. It is so easy to get caught up in what you are doing, whatever you have to do next, or the daily frustrations that you can't wait to tell your partner. Don't forget to let your spouse know that love and miss them. Kiss first, vent later.

3. Pick up something special for your spouse. You don't have to wait for a special occasion to buy chocolate, or flowers, or whatever it is that will let your mate know you were thinking of them. My husband knows what my favourite chocolate bar is and he makes sure he picks one up for me every once and a while, for no special reason.

4. Give your spouse a compliment. Don't assume that your wife knows you think she has the most beautiful eyes just because you told her once before and don't forget to remind your husband that you think his big muscular arms are sexy. Nothing says "I love you" like a heart felt compliment.

5. Find something you can do to make your spouse's life easier. Is there some little chore that your spouse always ends up doing? Does your partner always mail the bill payments? Does your spouse always change the oil in the car? Since you're on your way out the door couldn't you take the garbage out? Surprising your partner occasionally and doing a task for them shows that you care and that you appreciate what they do.

Certainly there are more than 5 quick and easy things you can do to show your love for your spouse. I've merely listed a few to get you started. Be creative and put a conscious effort into thinking about your spouse and showing you care. In fact, I challenge you to come up with as many imaginative ways to show your love as possible and if you have come up with something especially clever write to me about it. Maybe you will be the inspiration for my next article.

About Jean

Jean is a marriage and couples counsellor whose approach in working with couples involves the development of techniques for solving current problems and achieving unending growth in relationships. Jean strives to assist couples of various backgrounds in learning to solve their own challenges because a couple that knows how to problem solve can keep their love alive and their marriage alive forever.

Jean also offers Catholic counselling to couples wishing to incorporate the Catholic faith into the counselling process, helping couples to develop a relationship pleasing to each other and God. Jean has a Master of Arts in Counselling from the Franciscan University of Steubenville and has trained in marriage and family therapy.

So, if you think that your relationship could use a little help; or even a lot of help; give Jean a call today and take that important first step in turning your marriage into a happily ever after story.

Where do you start?

Go no further.

- &. **Go to www.jeanmackenzie.com and sign up for my free newsletter “Happily Ever After: A Guide to Healthy Relationships,” filled with helpful tips on how to nurture your relationship.** You will also receive the free report, “10 Tips for Resolving Anger in Your Relationship.”
-). **Call today for a free, no obligation, 20 minute phone consultation.** We will discuss your problems and together decide how I might be able to help you. I look forward to hearing from you.

Jean sees clients in her office in Frederickton, 28 and offers telephone and online counselling. She can be reached at

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