



THINK “Little Things” THIS VALENTINES DAY

Planning to show up in some snazzy, red silk lingerie or go out to an expensive dinner for two this Valentine’s Day? Great, but keep in mind that it’s the little things that happen every day that have the BIGGEST impact on relationships. Little things like stopping whatever you’re doing to greet your lover with a warm smile when he returns home, or offering to massage his shoulders when you observe he’s under stress.

Instead of viewing Valentine’s Day as the one day to do something extraordinary for your lover, consider showing your partner how much you love him every day by doing “little things”. The magic of unconditional love is that it will be reflected back to you. Here’s some creative ideas for “Little Things” you can do for your lover:

1. The 20 Second kiss. Relationships thrive on affection. Because heart-felt kissing often falls by the wayside once relationships are established, it’s easy to forget just how fun kissing is for its’ own sake! Every day give your lover a 20 second kiss. Wrap your arms around him while kissing and if necessary Gently forewarn him that he’s getting a 20 second kiss every day. Encourage him to relax and enjoy it. You’ll be surprised how fun your kiss will become. A 20 second kiss tells your partner you desire him, and locking lips will increase your libido! Be sure to approach him when he’s not in a hurry and you’ll likely find that it becomes a deliciously rewarding part of your day.

GOOD-TO-KNOW FACT:

Oxytocin, commonly referred to as the hormone of love, is a brain chemical that heightens emotional bonding. Just 20 seconds of kissing will increase oxytocin levels and increase feelings of emotional connection with your partner. In fact, oxytocin is the same chemical that is released in women while nursing their babies to facilitate bonding.

2. Daily Appreciation. Every day express your appreciation for something your partner has done or a quality he emulates. Catch him doing something right! It’s easy to get in a pattern of seeing the negatives and taking the positives for granted. Relationships thrive on appreciation and validation. Appreciate all the things your have come to expect in the relationship.

Begin with a simple sentence:

- “(Name), I really appreciate you for _____”
- “Thank you for _____”;
- “I admire how you _____”.

Shoot for at least 3 statements of appreciation every day.

GOOD-TO-KNOW FACT: The number one reason men cheat is because their mistress fills an emotional void, and not because of sexual deprivation in their committed relationship or because the mistress is more attractive. The mistress simply makes him feel valued, appreciated and admired. When under-appreciated both you and your partner will naturally be drawn to others who make you feel special, desirable and important.

3. Surprise him with a game night. When’s the last time you enjoyed playing a game together? Just the two of you, relaxed, laughing, uninhibited? Check out these games for an inexpensive and unforgettable night in! Playing couple games together facilitates a amazing level of intimacy and sexual exploration that you wouldn’t experience otherwise. Try Discover Your Lover, or if you’ve got the entire house to yourselves check out The Sex Game.