



# *20 Ways to Repair your Marriage*

by  
**Michael Brook**

**Relationship Coach**

# 20 Ways to Repair your Marriage

## 20 ways to Repair your Marriage.

### Intro

Great relationships, most of the time don't happen by accident. Great relationships happen through doing a few things really well. Even great relationships can have flat spots. This ebook has been written to give you 20 things to do to reconnect, rejuvenate and repair your marriage or relationship.

1. Take time together, no phones or computer or devices
2. Take time apart
3. Do what you did when you were first dating
4. Do what you know your partner loves.
5. Ask for what you want in your relationship.
6. Ask for what your partner wants
7. Know how your partner experiences intimacy and give them that
8. Practice presence
9. Avoid the relationship killers...contempt, sarcasm, stonewalling, withdrawal
10. Schedule intentional sex
11. Find something that you are passionate doing and keep doing it
12. Practice surprise in your relationship.
13. Find out your partners values.
14. Renegotiate the creation agreement in your relationship.
15. Attend a Tantra course
16. Take Dance classes together
17. Go on a holiday together
18. Be there for each when the SHTF.
19. Get relationship coaching
20. Do the relationship skills for couples online course.

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## **1 Take time together away from devices**

Technology is amazing and has the capacity to connect anyone in the world with anyone in the world instantaneously. And, it is tremendously absorbing, sucking people into the constant notification from Instagram, facebook, twitter and every other app you can think of. While you are attending to your phone you can't attend to your partner. Take time together, turn off your computer and phone and TV and sit down together. Or do something together where there are no devices. If needs be put the devices into a cupboard or a drawer so you won't be tempted to look at it.

**Key principle, Attention is the currency of relationship.**

## **2 Take time apart**

The old saying is true... absence makes the heart grow fonder. Many couples spend all their time together and all their time being in constant touch with each other electronically. This gives them no time for thinking about their partners good qualities and no time for missing each other. Take time apart and do things on your own apart. It can revitalise a relationship and assist you in reconnecting with why you got together with your partner in the first place.

## **3 Do what you did when you were first dating**

Every relationship goes through reliable predictable stages. Over a period of time people frequently stop doing what they did at the beginning of the relationship. This is a natural thing because at the beginning of the relationship you are trying your best to build the relationship with you partner. Once the relationship is formed your attention tends to shift to other things. If you want to repair your relationship/marriage go back to doing the things you did in the beginning. Now, if you have kids and work responsibilities that you don't have now, then that may be difficult and may require scheduling. It's worth while doing.

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## **4 Do what you know your partner loves.**

It should go without saying that doing things that your partner loves is a really worthwhile thing. It unfortunately isn't very common. Often, through no fault of anyone, people will assume what their partner likes and it may be either a little bit different or a lot different from what their partner actually really really likes. Find out what your partner loves doing or having done to them.

## **5 Ask for what you want in a relationship.**

I was once doing a seminar and this topic came up and I said "You can't get what you want if you have never asked for it" a member of the group started crying because she realised that she had NEVER in her life asked for what she wants in a relationship. You can't get what you want if you don't ask for it.

## **6 Ask your partner what they want in your relationship.**

If you don't ask your partner what they want then you can't make sure they are getting it. Often people who are in a relationship who aren't happy aren't getting what they want out of the relationship. Also people often assume that their partner knows what they want or need. This assumption is often wrong.

## **7 Know how your partner experiences intimacy and give them that.**

Intimacy is the sense of being known by your partner. This isn't the same as physical intimacy. They are different things. As human beings we crave intimacy. You can be physically intimate without being emotionally intimate. Find out how your partner feels that they are known and do that regularly.

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## 8 Practice Presence

Presence is the where you attend to your partner completely. You aren't distracted by anything else. You aren't thinking about the future, you aren't thinking about the past. You aren't thinking about what's in your head. You are just attending, paying attention to your partner. Give your partner your undivided attention. This is a rare thing in our age of distraction. It's a truism that the feminine comes alive with masculine presence. Practice presence regularly. Your relationship will benefit from it.

## 9 Avoid the relationship killers...contempt, sarcasm, stonewalling, withdrawal

An American expert on relationships, John Gottman, has stated that there are 4 communication styles that are relationship killers. These are contempt, sarcasm, stonewalling and withdrawal.

These are so corrosive to a relationship that John Gottman states that when a couple comes to him with relationship difficulties, if he sees any of these in the initial 1 hour interview, he predicts with a 95% certainty that the relationship will be over within 7 years.

If you show or do any of these communications in your relationship, stop it immediately.

## 10 Schedule Intentional Sex

People are busy these days. We are juggling work and family commitments. Kids are massively time consuming. Often people who work and have kids will have only a couple hours a day at the end of the day when they are exhausted. Exhaustion isn't sexy. People want satisfying intimate passionate sex. This isn't exhausted sex, or stress relief sex. Intentional sex is sex that you have with the intention of connecting in an intimate and heart centred way. While it might not be sexy, scheduling time to have intentional sex is important to do.

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## **11 Find something you are passionate about and keep doing it.**

When people start a relationship, they are living a single life. They will be doing the things that they enjoy doing and are passionate about. Often when a single person gets into a relationship, they stop doing the things that they are passionate about. The funny thing is that often the doing something you are passionate about is an important thing that other people find attractive about someone. So, if you find that you no longer do something that you enjoy or were passionate about, start doing that again. Your partner will probably find you more attractive for it.

## **12 Practice Surprise in your marriage**

Human beings are pattern forming animals. We will very frequently form patterns of behaving that are highly predictable. In relationships this can kill spontaneity and passion. Try adding surprise into your relationship. You might unexpectedly find good things coming back at you.

## **13 Find out what your partners values are.**

People do things to have their values met. People have relationship values. All behaviors in a relationship need to be congruent with your relationship values. Knowing what your relationship values are and what your partners relationship values are, is important in order for you be able to have yours met and meet your partners relationship values. The process is simple ask your partner the question, What's important to you in relationship... find out the top 6 things. And swap... The answers should be very revealing.

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I've read enough, I need help now.

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## 14 Revisit your creation agreement

Whenever someone begins a relationship they form or contract 5 agreements that are mostly either spoken or unspoken. The most important one is these is the creation agreement. That is what type of relationship are you trying to create together. This is a big topic but for the sake of brevity, it's a worthwhile exercise to talk about this periodically. When having this discussion, be honest about what sort of relationship you want... and how to get your needs met and your partners needs met will flow from this discussion.

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## **15 Do a Tantra course together.**

Tantra is the practice of connection through sex. It's thousands of years old and many books have been written about it. Tantra uses breath to connect more deeply and to learn how to make love for long periods of time. Attending a Tantra course together can be an awesome way to reconnect and to learn love making skills that you can go home and practice with. Many people spend a lot of time learning how to drive a car but few people spend time learning how to be a skilful lover. It's a wonderful way of reconnecting together.

## **16 Learn to dance together**

Dance is a wonderful way of connecting with your partner. It's good fun and good fitness as well. Even if you have no dance experience and have 2 left feet, going to dance classes and learning to dance with your partner is a great fun and you learn how to learn together. Once you get good at it, it can be a wonderful way of getting out, meeting new people and learning how to connect through your bodies in an entirely different way.

## **17 Go on a holiday together**

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We can get into a pattern of relating that depends on how stressed and how busy we are. Sometimes the issues we are experiencing with each other aren't really to do with one issue or the other but they have a lot to do with just how wound up you are. Taking a holiday together can break the cycle of stress and time poverty. You can get out stress and take the time to just relate to each other. Your body will thank you and your partner will as well.

## **18 Make sure you are there for each other when things go pear shaped**

One of the agreements that all couples make is the "Being There" agreement. You agree to be there for your partner when things go pear shaped. People feel profoundly negative emotions when the being there agreement is violated, when they really really needed their partner and they weren't there to help them. So, make sure when your partner asks for your help that you are there.

## **19 Get relationship skills coaching**

All peak performers have coaches. If their performance isn't quite like what they want it to be they get coaching in order to improve their performance. If your relationship isn't what you want it to be then getting coaching to improve your relationship skills can greatly improve your relationship.

## **20 Do the relationship skills for couples online course.**

Often people in a relationship/marriage are two people trying to navigate the relationship with incomplete skillsets. It's like 2 people trying to drive a car but both people haven't been fully taught how to drive. So, they end up crashing the car, sometimes a bit, sometimes a lot. So, getting education on relationships and how to have an awesome one is one of the best things that you can do to guarantee your future happiness.

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## Conclusion

The Grant study run by Harvard University looked at mens happiness over 70 years. Thousands of men were involved in the study. The study looked at mens happiness over 70 and looked at the factor that most affected life outcomes including physical health and emotional/mental health.

The results for this study were conclusive. The single most important factor affecting life outcomes was the health of peoples relationships. A persons relationship health affects everything else.

You owe it yourself to make sure your relationship or marriage is healthy and strong.

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Only **you** can improve your relationship.

Great relationships don't happen by accident. Take the first step to having a great relationship/marriage and click on the button below and register for your free 15 minute phone consult on how you can improve and repair your marriage.

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