

6 Ways to Reconnect with your Lover



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6 ways to reconnect with your partner

Life is Busy. We are often trying to fit in our relationship between work and kids and hobbies and responsibilities. When 2 busy people are in a relationship they can sometimes get disconnected. A recent survey on social media found that many people even though they have hundreds of friends on social media, they often feel lonely or alone.

If this is you, you are probably wondering how you can reconnect quickly to get back to the sense of connection you want.

Well, here's 6 ways to reconnect with your partner quickly and easily.

1 Turn off the screens and be present.

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.

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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.

2 Go back to where you came from and talk about it.

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 reconnect with your partner 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.

3 Talk about you needs and desires with and for each other.

If you don't ask you partner what they want and need, 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.

In a relationship seminar I taught several years ago, at after doing an exercise on asking for your needs one of the female participants was in tears after questioning her as to why she was crying she said that she just realised that in all her life in relationships she had NEVER asked for her needs to be met.

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How can you be happy and have your needs met if you never ask for them? Sometimes your partner may know them and sometimes they may not. Sometimes they may have just gotten a bit lazy with meeting them. Whatever is the case if you aren't blissfully happy there's a chance that some of your needs aren't getting met. If you're unhappy and grumpy in your relationship, there's a very very strong chance that your needs aren't getting met. So, ask for them. Your partner will probably be relieved to know what they are and happy that they didn't have to ask.

4 Have great intentional sex... (not tired sex or drunk sex or bored sex or needy sex or outcome sex (you just have to get to the orgasm and your connection with your partner is secondary))

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. It isn't drunk sex. It isn't bored sex, having sex because you're bored with what's on TV. It isn't needy sex where you have sex because you desperately want to feel like your partner still needs and wants you. Needy isn't sexy. Nor is outcome sex where one person is gunning for the finish line of orgasm and their partner is just the means to an end. This is very strong turn off for most people.

Intentional sex is sex that you have with the intention of connecting in an intimate and heart centred way. It is really important in a relationship to do this. It's a profoundly intimate thing. To have sex with the sole intention of intimately connecting will nourish your relationship and grow the connection between the 2 of you. You are also far more likely to get a lot more sex in the future if that is what you are asking for.

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While it might not be sexy, scheduling time to have intentional sex is important to do. It doesn't happen by itself. Planning intentional sex is also great because it can increase the anticipation.

5 Let go of the past and communicate not regurgitate

AN American expert on relationships, John Gottman, has stated that there are 4 communication styles that re 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.

Bringing up conflicts from the past, mistakes and past transgressions doesn't help 2 people solve a problem in a relationship together. It just opens old wounds and makes solving any current difficulties you may have that much harder than it has to be.

6 Take some time away together and alone.

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.

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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 aren't really to do with issue other but they have a lot 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 you partner will as well.

Conclusion.

Good relationships can happen by accident. Great relationships don't. The take time and have their ups and downs. Couples in great relationships know how to reconnect when they are feeling disconnected to their partner.

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Peace

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Relationship Coach.

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