



**Your Life Matters Podcast – 2/11/19
How to Keep Love Alive**

Love is in the Air. Thursday is Valentine's Day. Don't forget your loved ones!

It's important to our culture that we pay attention to the ones we love.

What are the ways to keep love alive?

It's really good on Valentine's Day to give flowers and candy and little gifts, whatever types of things that you and your special people want, but long lasting relationships take some steps. I think it's kind of important to review these steps.

I got this information from a very interesting post. It said excellent marriage advice from a recently divorced man. His steps to long lasting relationship are:

- Date More
- Protect his heart
- Fall in love regularly
- Notice the positives
- Be accountable for his own emotions
- Allow your partner to be accountable for theirs
- Have fun

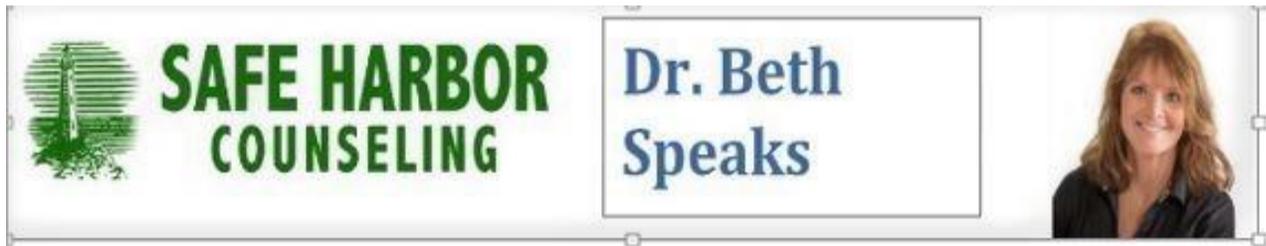
These are things to do to make our committed relationships long lasting.

Date More -

- Do things together that you both enjoy.
- Get out of the roles of husband or wife, partner, parent, worker and set aside time for you and your partner to just be yourselves with each other.

Protect your heart -

- Reserve space in your feelings and the way you share things for your partner only.
- Remove yourself from situations or relationships that distract your feelings or start to become a priority over your commitment to your partner.



Fall in love regularly

- People change as they get older that's a good thing.
- Notice and appreciate the changes and move with each other.
- Share the changes in yourself.
- Allow yourself to feel the connection with your partner as you grow.

Notice the positives- what we focus on gets bigger

- No one is perfect and everyone does some things that can irritate others.
- Try not to focus on the irritations or the negatives. If you focus on the negatives soon that will be all you see in your partner.
- Address the irritations when needed.
- Concentrate daily on the things you appreciate in your partner and those positives will get bigger, and you can keep that love alive.

Be Accountable for your own reactions and emotions

- It is not another person's fault for your unhappiness. We always have a choice about how we respond to things that happen between us and the people we love.
- Monitor yourself and own your responses to situations.
- If you're unhappy it's your responsibility to make adjustments, speak up and communicate the changes you would like.
- You can't expect someone else to take care of your happiness



Allow your loved one to be

- He/she is responsible for their reactions and emotions- it's about what's happening inside him/her.
- If he or she is having a bad day. Don't take it personally.
- Let the other experience the emotion safely. Just let them be without getting defensive.

Have fun

- Laugh, joke, see the silly things and have a good time.
- Be playful – initiate and respond.

BOOKS

All books are listed on our website at: www.safeharboril.com

- Mindful Relationship Habits: 25 Practices for couple to Enhance Intimacy, Nurture Closeness and Grow Deeper Connection by S.J. Scott and Barrie Davenport
- The 6 Husbands Every Wife Should Have: How Couples Who Change Together Stay Together by Dt. Steven Craig
- How We Love Expanded edition: Discover Your love Style, Enhance Your Marriage by Milan Yerkovich and Kay Yerkovich