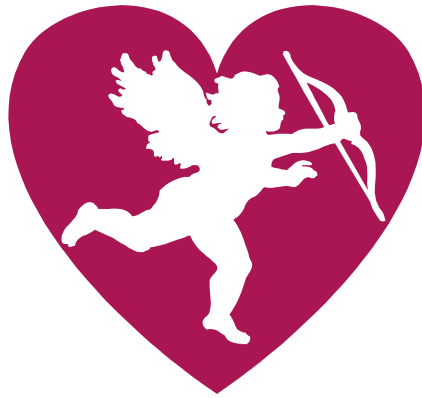


ROMANTIC IDEAS TO ENHANCE
YOUR RELATIONSHIP INTIMACY



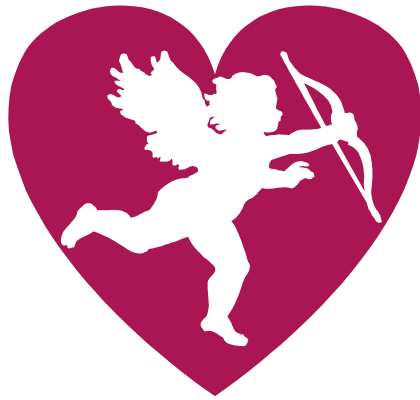
PART I

Presented by:

Dr. Marlene Shiple

mshiple@thelifecoachdr.com
<http://thesexcoachdr.com/coach/>
<http://thelifecoachdr.com/coach/>

ROMANTIC IDEAS TO ENHANCE
YOUR RELATIONSHIP INTIMACY



PART I

**ROMANTIC IDEAS TO ENHANCE YOUR RELATIONSHIP, PART I
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*"You know you're in love
when you can't fall asleep
because reality is finally
better than your dreams."*

-- Dr. Seuss

Why Romance is Important

The many activities of the day – and the stresses that accompany them -- can put a crimp in the romantic portion of our lives. As fathers, we feel the responsibility of taking care of those under our care. As mothers, we lose the awareness of attending to our own needs in meeting the needs of our children. But, any expert will tell you that romance is a key ingredient to a successful marriage. Sometimes it takes us really focusing to be sure the hugs and kisses don't stop with motherhood.

As humans, we are a complicated breed. This can add to the mystique and desirability of a relationship. However, if makes it harder for us to figure out ourselves, it just gets in the way. In general, especially for women, our emotions are tied to our sense of romance. When we feel tired or taken for granted by our partner, romance becomes the last thing in the world we want to pursue. We might still be willing to pursue sex; but not romance.

When we are dating or just after the wedding, everything is great. We enjoy the company of our spouse or partner. We even have sex several times a week. Life couldn't be better, right?

Love is hard work. Granted, when we have children, they carry away our focus with their twinkling eyes and button noses. For a time, romance may be suspended; and, while this might be expected, it is important to not let it become THE pattern of the relationship. The problem comes in when the persona of "mom" overtakes that of "wife" and "lover." Instead of continuing those roles, instead, we give our husbands another mother.

For the man, the demands of caring for the children can also take its toll. With so many more tasks to complete, there can be little time and mental energy directed to the romantic, "I find you desirable" messages that were so natural during dating.

I hear stories on talk shows all the time about couples that wake up after thirty years of marriage to find they are lying next to a stranger. It doesn't happen overnight I assure you. It takes time to grow away from your spouse or partner. Unfortunately, we just don't realize it's happening until we wake up that fateful morning.

The couple-relationship is the center of the entire family's relationship. There was husband and wife before there was mother and father. Mom, getting back to the beginning is important. Kids will grow up and it will be back to you and your mate. It's easier to handle what goes on outside of the home in our daily lives when there is a great person waiting at home who understands us. Dad, getting back to those delightful habits that were so natural in the beginning is important. It's easier to handle the stresses of the day when there is a great person to connect with at home, who understands us.

When the kids tire us out, we can relax with one another. As two halves of a whole, we complete each other. With the kids, it seems like we are nothing more than a driver for hire or the maid. We wouldn't mind the maid or chauffeur so much if we felt – and could count on enjoying – the love and appreciation from our spouse or partner. Romance is a big part of that feeling.

Romance is more than sex. Romance involves talking, cuddling, kissing, and more. It includes thinking about the loved one, creating enjoyable surprises for him/her, writing him/her heartfelt words of caring and love.

Lack of touch and acknowledgment by a spouse is the underlying cause of a lot of marriage breakups. The reason that couples' give for an impending divorce may be irreconcilable differences on paper, but it started with a break in the flow between the husband and the wife. Not taking the time to grow together as the years go by is a mistake that can be rectified with some work.

Without romantic gestures, moms and wives/partners can lose the woman inside of them. Without romantic gestures, dads and husbands/partners can forget to touch that deep, loving emotional part of themselves. Life is about balance. That balance shifts a little when kids come along, but it doesn't have to stay that way. Indeed, with a little thought and effort, we can make certain that it does NOT stay that way!

Five-Minute Romance Ideas for Both of You to Enjoy

Our daily schedules are so jam-packed with activities that we hardly have time for ourselves let alone our partner. Romance often ends up on the back burner. Here are some quick romantic ideas that anyone can do to keep in touch with their mate.

Sometimes we have trouble carving out fifteen minutes for any more activities, so five-minute intervals will be right up your alley. But, beware - these five minutes can be tantalizing enough to keep you tied up for many minutes more. That being said, use caution when deciding on the time of your romantic overtures.

Start early in the morning. Take a shower together. This is a green thing to do! You conserve water by turning it on only once that morning. At best, well, it could lead to enjoyable time of physical contact and pleasure. I think you know where I'm going. A shower together is a great way to say good morning!

Shave your man's five o'clock shadow. This takes a lot of trust and a steady hand – so, be careful in extending this trust and in honoring the trust that has been given. Many men like it when the woman takes charge once in a while so give him the shave of his life.

After a hard day at work, we all have a bit of tension in our joints. Sit your partner down and give him/her a neck massage. Remember this is no ordinary neck massage though. Be sure to take advantage of the entire five minutes. Trade off being the giver and the receiver.

Start by unbuttoning a shirt or blouse for your love and easing it off of their shoulders. Use a warm lotion or gel to work out the kinks in the muscles. Try alternating deep muscle massage with gentler strokes to loosen them up.

At home, we may often pass each other without a word. Many couples live in the same house, but act like nothing more than roommates, sometimes worse - strangers. The next time you pass him or her in the hall, give them a big surprise. Pin them against the wall and shower them with kisses for five minutes. Hopefully, well before the end of the five minutes, they will have joined in the fun.

Aphrodisiacs are supposed to make us feel in a romantic mood. Serve up a before-bed snack of chocolate covered strawberries and other fruit. Add a bit of bubbly for even more romance.

These romantic ideas don't take a lot of time, but the effects will last beyond the moment. They add a bit of spontaneity that is missing in the busy lives of most couples. Take back your romance five minutes at a time.

Show Your Partner You Love Him/Her

We all love to be loved. The song says that diamonds are a girl's best friend, but I say that your partner's best friend is you, his/her partner. For those who want to show their partners how they feel, here are seven free ways that are worth their weight in diamonds:

- 1. Make dinner for her/him.** There are plenty of people who work, drive the children, and still make it home in time to prepare a hot dinner. Take the responsibility off of your partner's hands at least one night a week, if you can. This may take a bit of planning, but it will be well worth it. Even if your partner gets home before you do, offer to take over and finish the meal. As a treat, feed the kids first and save two plates for a romantic dinner after the kids are bathed and tucked in bed.
- 2. Run a hot bath.** Remember hot baths? They are those warm, sudsy experiences we used to have time for before the kids came along. After the kids are in bed for the night, run a bath for your partner so that s/he gets a much deserved break from her/his day. The waters will soak away the cares of the day and leave him/her ready to change from worker bee and partner. Add a glass of wine and the bath will be perfect.
- 3. Place notes in unexpected places.** Aim to surprise your partner! Put a special love note in her/his underwear drawer or write it in the steam on the bathroom mirror. There are a ton of places you can drop little notes of love and appreciation for your partner. Would you like some help in the writing department? Here are some ideas that you might want to check out:
<http://www.mentalhealth-online.com/coaching/letters.htm>
- 4. Call your partner throughout the day.** S/he won't be expecting sweet nothings to be whispered in her/his ear during the day. Tell your partner you love her/him and wanted to make sure s/he was all right.

- 5. Give her/him a back massage.** Picking up toys, cooking, driving, and the like take its toll on the back. Playtime in the tub with the kids is a back breaker, too. Use a warming massage gel to cut the pain as you soothe away the aches and pains with your touch.

- 6. Get involved in an activity that your partner likes.** People like it when someone they love shows genuine interest in them. This includes interest in their activities. You don't have to join the activity yourself, unless you feel drawn to it. Attend a meeting to show your support and love. Ask your partner to explain what s/he enjoys about the activity. Doing this together can be fun can lend itself to romance when you get home.

- 7. Buy a special book that you can read together.** Words are incredibly powerful. When the words are about your relationship, how special it is, and how to help it to be even better, you have a winning combination! Taking the time to enjoy it together is an incredibly romantic way to display your love. For book ideas that are sure to please, visit
<http://www.mentalhealth-online.com/coaching/5languages.htm>.

- 8. Pick up after yourself.** Pick up socks and shoes on a daily basis. And don't wait until your partner's tripped over them first! Lighten your partner's load by putting your own things away. Then you can both enjoy more time focusing on one another.

Love doesn't require a big production or lots of dough. If you keep it simple, she'll still get the message - you love and appreciate her very much.

Six Free Ways to Show Your Love to Your Male Partner

Male partners and husbands need love, too. They work hard for their families and deserve to have appreciation for the many things they do. As female partners and wives, we know all about the need for appreciation. Here are some ways that you can show that love and affection to your significant other without spending a dime.

- 1. Tell him that you love him.** We don't say it near enough to each other. For most, the words are "understood." The flaw in that train of thinking is that the understanding can get confusing as time goes on and there is no communication. Tell him when he leaves and when he returns home. End your emails and calls with a special I Love You! Even write a note for him only.
- 2. Write him a letter.** Let your feelings for him flow into words. Tell him what is in your heart. You will thrill him because you thought to create this for him yourself. The written word is POWERFUL – you can harness its force to romance the man of your dreams. For some people, it is easier to put into writing, than to speak, their passionate desires. Would you like some letter-writing help? Here are some additional ideas that many have found beneficial to free their Inner Muse: <http://www.mentalhealth-online.com/coaching/letters.htm>
- 3. Send him off properly.** Perhaps you can have his work items next to the door so he won't have to go searching for them. Help him out by having his briefcase, keys, and cell phone next to the door and ready to go. You will be helping him get out of the house and on his way to work on time without the stress of forgetting something.
- 4. Fix him breakfast in bed.** This is something we see on television, but many people don't even think to do it. They sell those breakfast trays for a few dollars in most home stores. If you or he have kids to get ready in the morning, then do this on the weekend. You can surprise him with a simple breakfast of cereal (cold or hot) and juice on one day during the week. Rotate the schedule so that he doesn't get used to your breakfast treats on any certain day.

5. Meet him at work for lunch. If your man works close by and your schedule allows for it, have lunch together. This requires a bit of forethought since most people's work schedules don't mesh without some finagling. Fix a picnic lunch that can be eaten outside at a picnic table or on the grassy knoll. Choosing a few of his favorites gives him something to look forward to in addition to your bright shining face.

6. How about a foot massage? Feet have a hard time. They take on the pressure of our entire bodies on a daily basis without any thanks. Give his tired feet a well-deserved rest with a foot rub. Men enjoy that spa-like attention. If you are squeamish about touching or handling feet, soak his feet in some warm water and foot scrub before beginning the massage. You can do it before bed or while you talk about each other's day.

Love doesn't have to be expensive to have meaning. Sometimes, the simplest things have the most lasting effects. Trying even just one of these suggestions is sure to help your partner/husband feel more appreciated and loved. Who knows he might just start returning the favor if you're lucky too.

Six Free Ways to Show Your Love to Your Female Partner

Your partner/wife works hard, too. Sometimes, we get so weighted down by all that we have to do that we forget that our partner is just as busy ... or, possibly, busier! Romance involves getting out of yourself and thinking about your partner – being empathetic toward her.

What might she like? What could do for her that she would appreciate? We are talking about service, here. These are not acts that you can buy your way out of! These are actions that require your attentive thought and considerate action to perform.

- 1. Compliment her.** Tell her how you feel about her. Mention the things about her that you find attractive – include physical attributes, mind characteristics, emotional contributions. If she hasn't learned to be comfortable receiving compliments graciously, be patient with her. Simply tell her, "It's OK for you to just say, 'Thank you' to my compliment." Women often are not taught how to be accepting with praise. You can help her to learn this. That's another way to show her love!
- 2. Thank her and show your gratitude for what she's done.** It is easy to ignore the things that are not out of place – dinner that is there, ready on the table when you walk in the door; your shoes in the shoe stand; replacement shaving cream for when you run out. But did you put them back in their place? Did you replace them? If not, she must have!
- 3. Remember the massage?** There were detailed directions in the earlier article, "Five-Minute Romance Ideas for Both of You to Enjoy". After a hard day at work, taking care of the home, being kind to you, her body might be carrying the effects. You can help her by taking the time and sensitivity to FEEL what tension is residing in her body ... and help her to get rid of it.
- 4. Tell her you love her.** Tell her frequently. Tell her often. Then, tell her again. Don't let yourself get by with the rationalization, "She knows that I love her." or "She knows how much I love her." Don't give her a chance to ever forget it ... or to get so preoccupied that it slips her mind! You can prevent such an occurrence – just tell her again!

- 5. Ask her what nice action you could do for her.** Let her know that you want to pamper her and ask her what she would most enjoy. Now, this is not a substitute for you putting thought into the loving gift. It is, rather, a request for something that you might not know she would enjoy. Once she has told you what it is, do it immediately. This is a loving action that tells her that you do not want to put it off, you want to give her a sign of your love RIGHT NOW!

- 6. Write her a letter.** Let your feelings for her flow into words. Say what is in your heart. You will thrill her with the intensity of your feelings ... and warm her with the thought that you created this for her! The written word is POWERFUL – you can harness its force to romance the woman of your dreams. Would you like some help in the writing arena? Here are some additional ideas that many have found beneficial:
<http://www.mentalhealth-online.com/coaching/letters.htm>

Remember, love doesn't have to be expensive to have meaning. It can have MORE meaning because you took your time and thought to come up with it ... and she appreciates that you've done so. Sometimes, the simplest things have the most lasting effects. Trying even just one of these suggestions is sure to help your partner/wife feel more appreciated and loved. Who knows she might just start returning the favor if you're lucky, too.

Gifts to Make Him Feel Sexy

How we look is important to us. If we feel good about ourselves then we see the world in a different light. Men feel that way, also. Help your hubby to look and feel sexy no matter where he is going. Here are some gift ideas to keep him feeling his best.

- 1. Standing Valet** - This little item will keep his suits freshly pressed from dry cleaner to wear. The valet is useful in the office as well as at home. He can stay looking neat and tidy all day long.
- 2. Skin Care System** - If your man suffers from acne or hair bumps after shaving, there are products that can help. Skin care systems like ProActiv provide cleansers, clarifiers, and toners that restore the natural balance to the skin. They clear up acne for good. Spas offer skin care products that can be used at home to give the same results as a professional facial. His face will be as smooth as, well, you know.
- 3. Smoking Jacket** - This is a fun gift. He probably doesn't smoke but the smoking jacket offers a classier way to relax from his day than the traditional robe. Soft fabrics will pamper his skin as he props his feet up and settles back into his favorite chair. If nothing else it will be a conversation piece or a private joke between the two of you.
- 4. Clothing to Fit the Man** - Every well-dressed man needs to have a decent wardrobe. Give him the gift of a few custom made suits. Take him to a tailor and have him measured. Let him choose his suits but you pick up the tab. A man in a good suit exudes sexiness.
- 5. Gym Membership for Two** - Staying in shape is one way to have a long and healthy life. Show him that you want him around for a long time to come with a membership to the local gym. Some have couple's memberships so that you can go together to work out. It's also sexy and healthy for you to be in shape as well. Working out with a partner increases success and you two also get some couple time.

6. Romantic Coupons - Give him a promise for later, "This coupon entitles the bearer to one slow massage of the body area of his choice." Or, you might gift him with, "This coupon gives the bearer 20 minutes of pleasuring in the way of his choice." You are only limited by the extents of your creativity and generosity!

Would you like more coupon ideas? If so, some excellent additional ideas can be found when you click this link:

<http://www.mentalhealth-online.com/coaching/coupon.htm>

Don't underestimate the power of looking good. Your man will be the talk of the office or anywhere that he goes and it's great for you because he belongs to you. Talk about a win-win situation!

Gifts to Make Her Feel Sexy

How she looks is important to her, too. If she feels good about herself then she is apt to see the world in a different light. Help your partner to look and feel sexy no matter where she is going, no matter what she is doing. Here are some gift ideas to keep her feeling her best.

- 1. Bath Products** - These products are soft and silky. They allow her to pamper herself, while making sure that her skin has that so-important component: ABUNDANT MOISTURE. Bath sets come in a variety of fragrances, colors and ingredients. You can choose one with aromatherapy- components to better fit her intention – to relax, to soothe her spirit, to release the stresses of the day, to become more tranquil, etc.
- 2. Skin-Care System** - Skin care systems like ProActiv provide cleansers, clarifiers, and toners that restore the natural balance to the skin. They provide more-even tone and healthy complexion. Spas offer skin care products that can be used at home to give the same results as a professional facial. Her face will be smooth and pleasing to touch.
- 3. Clothing to Fit the Woman** - Every well-dressed woman needs to have a decent wardrobe. Give her the gift of a shopping spree to her favorite clothing store. Or have her visit a dressmaker. When she feels good in the clothes she is wearing – when she KNOWS she looks good – you will find her more confident, an important component of sexiness.
- 4. Gym Membership for Two** - Staying in shape is one way to have a long and healthy life. Show her that you want her around for a long time to come with a membership to the local gym. Choose a couple's memberships, so that you can go together to work out. It's sexy and healthy for you to be in shape together. Working out with a partner increases each of your individual success. It also allows you to get some great couple time, too.

- 5. Romantic Coupons** - Give her a promise for later, "This coupon entitles the bearer to one sensuous massage of the body area of her choice." Or, you might gift her with, "This coupon gives the bearer 20 minutes of light stroking, all over her body." You are only limited by the extents of your creativity and generosity!

Would you like more coupon ideas? If so, some excellent additional ideas can be found when you click this link:

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Don't underestimate the power of looking good. When you help her to look her best, you both win!

Build Romance into Your Day

Don't lose yourselves in the other activities of your day! Don't forget your relationship during the time that you are putting food on the table and a roof over your heads. Your partner needs to know that you care about her/him. It is hard to carve out time for love and kisses when your boss is yelling about more production or your car has to have major-engine repair or you have three conflicting appointments ... all at the same time! It may be difficult to accomplish, but it will be **well** worth the effort.

First, don't get overwhelmed. Start off with small gestures to get the ball rolling. If you have been stuck in the stressed-out rut for a good amount of time, s/he won't even see it coming. It will be a *great* surprise ... one that will be incredibly welcome by your partner.

Remember being a kid? What actions did you use to use to let a boy/girl know that you liked them? Perhaps, you scribbled the name of the kid that you liked on your notebook. For boys, maybe you resorted to pulling the pigtails of your favorite gal. Be a kid again and do those puppy-love things you used to do.

Most partners get dressed and go to work each day. Slip a note in the pocket of his/her jacket. Tell your partner one thing that makes you love him/her. Each week, you give him/her a new reason for the passionate love inside of you.

Give your partner a kiss when s/he leaves. If your job requires you to leave before him/her, give your partner a wet one on the lips while s/he is still snug in bed. Kisses are quite underrated. Remember how even a little kiss gave us goose bumps when you were just getting to know your spouse? Let kisses lead the way back to a more romantic relationship.

Greet him/her at the door after a hard day of work. This sounds cheesy but it is a nice touch. S/he'll know that someone missed him. Meet him/her at the bedroom door later on in the evening if s/he happens to arrive home before you do.

Let gestures of love move your partner. Your show of love gives him/her a sense of confidence. S/he will be more likely to want to return the favor. In other words, your partner will seek out ways to show love that are meaningful to you, instead of just guessing.

Asking about your partner's day keeps the lines of communication open between the two partners. The object is to listen as s/he talks. If s/he is a rocket scientist

or something else technical, you may need to break out a book or two to understand what is being said. That's OK – go ahead and do it. Since s/he already knows that you are not up on his/her field of expertise, just being a sounding-board for your partner is often exactly what is needed.

Perhaps you are ready for something more adventurous ... and out-of-the-ordinary. If so, here are some interesting – and inexpensive -- date ideas for you and your partner. Click here:

<http://www.mentalhealth-online.com/coaching/dates.htm>

It doesn't take much, but it does take a concerted effort to add something special to the relationship with your spouse. A bit at a time, begin to show attention to your partner in new ways. As a result, both of you will be more likely to be more receptive during more-intimate encounters as a result.

*I love you not only
for what you are,
but for what I am
when I am with you.*

*I love you not only for what
you have made of yourself,
but for what you
are making of me.*

*I love you for
the part of me
that you bring out.*

-- Roy Craft

This Extended Special Report, “**Romantic Ideas to Enhance Your Relationship Intimacy, Part I**”, is brought to you by:

Marlene Shiple, Ph.D.

mshiple@thelifecoachdr.com
<http://thesexcoachdr.com/coach>
<http://thelifecoachdr.com/coach>

* * *

Did you enjoy this Special Guidebook? It is my fond hope that you did! I also hope that you derived MANY beneficial ideas – and are using them – to strengthen the romance and intimacy in your relationship.

If so, there is MORE! Get our second Special Guidebook in the Romance series. It is entitled, “**Romantic Ideas to Enhance Your Relationship Intimacy, Part II**”.

In this Special Guidebook, you will find:

- Set Him up for Romantic Success
- Set Her up for Romantic Success
- 7 Romantic Living Room Dates
- 7 Romantic Meal Ideas
- 7 Frugal Date Ideas
- 7 Tips for Planning a Romantic Getaway ... on a Budget
- Romantic Gifts to Remind Your Partner of You

Click to get yours now: <http://www.sexuality-coach.com/romanticideas2.htm>



Dr. Marlene Shiple

mshiple@thelifecoachdr.com
<http://thesexcoachdr.com/coach>