

5 Ways to Reconnect with your Spouse

Life these days is hectic. Between work schedules, kids schedules, taking care of babies and whatever else life may be offering you, it is easy to lose connection with your partner. There are five creative ideas listed below that can help you and your spouse reconnect. These suggestions are not intended to fix serious issues, rather they are simple and creative ways to enhance your connection.

1. No babysitter? No problem! Put the kids to bed early and set up a date at home. Either watch a movie or make a special dinner and eat by candlelight. Be intentional about your time together.
2. Recreate your first date. If you cannot go back to the same place then find something similar. You can even wear similar clothes and play music from that time period.
3. Wear the same the same perfume or cologne as you did when you first met. Scent has a powerful impact on one's memory and emotions.
4. Turn off technology and turn on communication. Technology can be so distracting. We are in the same room with loved ones and yet we stare at a screen. Decide on a timeframe and a day and then turn off your phone, laptops, tablets and gaming systems. What should you do instead? Play a board game, do a puzzle, or just pick a topic and talk about it.
5. Think of special events you and your spouse have shared. For example, a first kiss, your proposal, the first time you exchanged "I love you." Where did those events take place? Create a timeline and revisit each of those places. If you are planning this timeline alone you can make it more special by blindfolding your spouse as you drive to each destination. Talk about what was special to you at each place you visit.