



Step 2

What are the specific action steps I will take to increase that lovin' feelin'?

Most people would prefer that lovin' feelin' to come back with little or no effort on their part. This is partially due to the fact that at the beginning of all romantic relationships there is little or no effort needed to keep it going. Your body keeps the eros fire burning brightly with a constant flow of gasoline in the form of love hormones. That's how it was when you first fell in love so you might think that is how it should always be.

The popular "soul mate" concept would lead you to believe that a true soul mate will make you feel like a 10 on the Eros Scale forever. That line of thinking would lead you to believe that if the number on the Eros Scale drops, then the person you are with must not be your soul mate. Don't fall into that trap. Every couple goes through periods in their marriage when the Eros Scale numbers go down. The key is to do whatever it takes to bring the Eros Scale numbers back up.

Here are some suggested action step ideas to achieve the overall goal of bringing back that lovin' feelin'.

- * Kiss at least 1-3 minutes, 2-3 times a day.
- * Hold each other with full body, skin to skin, contact at least 15 minutes each day.
- * Exercise at least 15-30 minutes a day.
- * Make a list of what gets you in the mood and share it with your spouse.
- * Focus on being present during physically intimacy.
- * Give hugs that are longer than 10 seconds.
- * Gently caress the arms of your spouse.
- * Give a massage multiple times a week.
- * Take showers together.
- * Hold hands whenever you can.

Bonus idea: Use the modified Sensate Focus Exercise described in the bonus section.