

Why are we willing to invest time to plan our wedding, but are reluctant to make a plan for our marriage?



Increase That Lovin' Feelin'

A Make-It-Happen Workbook

Developed By The National Healthy Marriage Institute

Every couple gets to the point where they feel like that lovin' feelin' is either not what it used to be or in some cases just gone, gone, gone. The lovin' feelin' we are talking about is that tingly feeling you had when you were first falling in love. It is what the Greeks called eros or what we call passion and desire.

Eros is a lot like a fire. As long as you keep adding the right kind of fuel, the fire will keep burning brightly. But if you neglect the fire, you may end up saying, "I still love my spouse. I'm just no longer 'in love' with him/her" or "The spark is gone". Even if the fire is out, it doesn't mean you can't get it started again!

You may also be at the point where you think it would be nice if there was more passionate heat in your relationship. It really doesn't matter how bright or dim your fire is. As long as you both are willing to put some time and effort into using this workbook, every couple can bring back, or increase, that lovin' feelin'.

This workbook has been designed to help you create your own personal action plan to bring back, or increase, that lovin' feelin' in your relationship. With some time and effort, your relationship can significantly increase its rating on the Eros Scale.

If you haven't already, we highly recommend you watch the videos we created for this workbook. Go to [YouTube.com](https://www.youtube.com) and search for *Bring Back That Lovin' Feelin' Part 1* and also *Bring Back That Lovin' Feelin' Part 2*. Not only will you learn valuable tips to bring back that lovin' feelin', but you will also learn about all the rewards for doing so.