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Rekindling Your Love

by Sandra W. Froese, Ed.D, LPC-S

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Valentine's Day is a day set aside especially for lovers! It is an opportunity to express appreciation, romantic love, quality time and special acts of service for the one you love.

If you have hit a rough patch in your relationship, and who hasn't from time to time, this is an opportunity for **repair and reconciliation**. Even if you have a good relationship, perform some **small acts of service** or whisper **words of affirmation** to make it even stronger.

Start with **improving communication skills** by listening with the "third ear." When he (or she) comes home from work, your timing, and *what to say* and/or *what not to say* is important.

She says, *"Honey, let's go to the movies tonight."* He says, *"Oh no, I am too tired."*
What he heard was, *"Let's go right now!"* What she meant was, *"Later this evening."*

What she could have said was, *"After you have had some time to relax, would you consider taking in a movie later tonight?"*
What he could have said was, *"Great idea. I would love to take you out-- give me 30 minutes to close my eyes."*

She says, *"I have nothing to wear this weekend to dinner."* He says, *"Whadaya mean you have nothing to wear? You have a closet full of clothes!"*
What he thought was, *"You have plenty of clothes."* What she meant was, *"I have nothing new to wear."*

What she should have said, *"I am looking forward to our dinner date this weekend. I know money is tight, but do we have enough so that I can buy a new outfit?"*
What he could have said was, *"It has been awhile since you bought clothes for yourself. Let's see if we can find some extra money in the budget to buy you a new outfit."*

You have set the stage for a Valentine evening. Plan to spend some **quality time** just for the two of you. Hire a babysitter to watch the kids or ask Grandma to help out. Plan a romantic dinner date at a nice restaurant or, if money is tight, prepare a nice dinner at home complete with candles and fresh flowers. Surprise your spouse with a small gift--a book, a scarf, a piece of jewelry, a favorite dessert.

After dinner cozy up in front of the fireplace with a cup of coffee, hot tea or a glass of wine. Talk about a favorite vacation or a memory of a place or activity that you really enjoyed together. Talk about your **future plans and dreams**--what do you want your future to look like after the kids are grown and go to college?

Now that you have set the mood, the perfect ending to your Valentine evening should include **hugs, kisses and lovemaking**. Follow your heart!

Dr. Sandra W. Froese, Ed.D, LPC-S is a licensed professional counselor in McKinney, Texas. For more information, go to her website at www.texasicounselors.com, e-mail her at swfroese@sbcglobal.net or call the office at 972-569-8843 for an appointment. Our rates are affordable.