

60 Ideas for Having an Affair- with Your Spouse / Committed Partner!

by Susie Itzstein

Firstly let me say that this is not my idea. But it is such a marvellous idea I wanted to pass it on. It comes with thanks from a colleague of mine **Dawn J. Liphrott**. Dawn is an Imago Therapist and Director of **The Relationship Learning Centre** that provides education, coaching and counselling for individuals and couples who want to build and sustain solid relationships. "*We help you take the relationship that you have and make it into the one you want*" is her offer and I refer you to her website for much interesting information, articles and ideas. You can find all the 60 ideas on her website: www.relationshipjourney.com in the Articles section.

Do you remember back to when you fell in love? Most new lovers move heaven and earth to catch a glimpse of each other just to spend even half an hour in each other's presence. Being together took priority over all else. We neglected other responsibilities, shamelessly cancelled other meetings just to be together, and slipped away from work for extended lunch hours. Nothing got in the way. And when we weren't together we'd be devising ways to see each other.

Many people get to a place in their relationship where they feel like they have fallen out of love with their spouse or life partner. Or more simply, many relationships suffer from boredom, stagnation or it just seems like there are many other things I'd rather do than spend time with my partner. I remember reading an article by Stephen Covey of the "Seven Habits of Highly Effective People" fame where a man came up to him in one of his seminars and said "I've fallen out of love with my wife, what do I do?" Without delay he answered: "Go home and love her!" What a great response! Love is a verb; it's something that we do, it's an action. It's not just a feeling or a noun. We teach: "Love is a decision followed by a behaviour". People feel loved in response to getting their needs met. And often we need to stretch beyond our comfort zones to do things that will make our partners happy. And there is "hidden gold" for us in doing that which our partner most wants and needs from us that is the hardest for us to do. But that is the topic of another article!

So, jump start romance and connection and fun in your relationship with these tips. Use your imagination and let them inspire your own creative ideas! Imagine that you are just falling in love with your partner for the first time. If you have a reaction to doing any of this or can't handle that your partner wants to and you don't, may I suggest you see this as a "growth edge" for you. It's OK to get stuck and not know how to do it or feel too uncomfortable with it. This would be a great point at which to get some coaching/counselling from someone who specializes in relationships. As Dawn says: "Most people don't think twice about taking lessons to become better at what they care about: computer, golf, music, tennis, financial management, and other things. Relationships deserve and need that same kind of energy and commitment." When these areas are not attended to and they just get pushed 'under the carpet' the "pile" will eventually trip us up and this is one of the main reasons we have a 50% divorce rate and at least half of the remaining 50% are unhappy. So I invite you to make a commitment to try something different from this list of ideas each day for the next 30 days. Have fun and take a risk to feel really loving and loved.

Here are the first 20 ideas:

1. Call your partner unexpectedly just to say you love him/her and were thinking of him/her.
2. Call your spouse/partner just to tell them one thing you appreciate about them.
3. Send your spouse/partner flowers (home, office, hotel room) "just because", or "thank you for. .", or 'because I love you', etc..
4. Send a fax or an e-mail to work saying that you love your partner and can't wait to be with him/her again.
5. Pick up flowers or dinner on the way home and surprise your partner. (If dinner, you might want to call and feel things out first!)

6. When you come home, find your partner and just hold him/her close for a moment (prolonged hug)--no words necessary.
7. Call your partner at 10:00am and tell them you are going to take them out to lunch.
8. Call your partner, tell them you'll meet them for lunch, pick up cheese, crackers, and then find a place to make love!
9. When you walk by your partner at home, touch him/her, or give a hug, or caress.
10. Wake up to the day as if it was 'the first time' you were alone with your spouse. Greet him/her enthusiastically. Sit and just look lovingly at him/her for a few moments. Ask about them and their day and just listen and try to let them know you understand (even if you disagree)--no problem solving unless asked for!
11. Write a note and put it where your partner will find it during the day. Tell the person loving things.
12. Make a list of 10 things you love about your partner and leave it where they will find it (or mail it).
13. Try a new way to make your lovemaking more sensual and prolonged. (Can use candles, incense, longer foreplay, times of just kissing and holding, caressing, exploring each other's bodies by touch, etc.)
14. When you go to bed, sleep naked together without sex. Just hold your partner or snuggle next to him/her so your bodies touch.
15. Just hold your partner in bed (can be dressed) without sex until one of you falls asleep.
16. Bring home balloons (or hide them and put them out at night after your partner goes to bed) with a note or sign with something like "I celebrate YOU!" "You are wonderful!" or something similar.
17. Pamper your partner one evening. (Examples: If watching TV, ask partner if would like anything--offer to put stool under feet or take off shoes and massage feet. If cooking dinner, volunteer to clean up, do dishes while partner just relaxes. Give back rub. Put on soothing music. Etc...)
18. Next time you kiss, pause, look into your partner's eyes remembering what it was like when you first met. Touch his/her face. Trace his/her lips with your finger. Slowly bring your lips to theirs--first gently kissing his/her upper lip, then lower lip. Embrace your partner and gently kiss them fully, letting your lips part, and enjoy every second of it. After the kissing is finished, just hold each other a few moments longer.
19. Plan a 'date'- arrange for baby-sitters, clear calendar, etc. **(Good to do this one once a week or at least every two weeks!)**
20. 'Surprise' your partner by taking them someplace they have said they wanted to go--a sporting event, a concert, a restaurant, a computer show, the mall, etc. Do it even if it isn't something you like. Enjoy your partner enjoying it and do it simply for love.