

Dr. Sheri's FREE Report

From *Fizzle* To *Sizzle*

***Fun, Sexy, and Essential Passion-Boosting Tips
for a Hotter, Sweeter, and More Fulfilling Relationship***



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***A gift from my heart to yours
www.DrSheri.com***

**Here's
A
Simple
Truth:**



A relationship is what **two** people **put** into it.

It used to be so easy. We were hot. We were interested. We couldn't wait to jump into bed! Why is it so hard now to even find time to make out?

I love my partner, but I'm just not feeling 'it' anymore.

Can you relate? You're not alone. One of the most popular questions couples ask me is, "How do you keep the passion alive after 5, 10, 20 years together?" Even monogamous couples together for a year or two have been known to complain, *there are no fireworks anymore!*

Usually, the number one challenge for most partners in long-term relationships is learning how to maintain the balance between intimacy and the demands of everyday life. Work, kids, projects, errands, bills, worries are just a few of the many distractions that can fizzle the sizzle of romantic, passionate love.

Too many distractions. Too many pulls. Too little time. Something's gotta give.

Many of us can remember the early days of love, when our powerful emotions and surging hormones *naturally* drove us to be closer and more intimate with our partner. It didn't take planning nor feel like *work* to keep the fires burning and our interest in one another growing.

Unfortunately, for most of us this euphoria doesn't last forever. Once we settle in and let our routines take over, our focus of attention gets diverted by the other demands and responsibilities in our lives. When we pay too much attention to the needs of the outside world and don't have or give enough energy to feed the needs of our intimate partnership, the relationship begins to feel starved and distant. Before we know it, we may emotionally feel miles apart from each other. That's when the sizzle, totally fizzles.

If a nap (watching TV, being on Facebook, chatting with friends) sounds better than making love does to you... here are simple things that you can begin to do **RIGHT NOW** that can bring you closer and really make a difference in enlivening the passion between you.





How Do I Love Thee?



Let Me Never Stop Counting The Ways!

There Are Many Ways to Say "I Love You"

Romance is the language of love. It's the little things that we do or say that mean a lot. Let's face it, everybody wants to hear and know that he or she is loved. It's important to regularly tell your partner that you love him or her through your actions and your words. Here are a few ideas:

- ✓ A love note left on your partner's pillow, or stuck in their purse, briefcase or in the book their reading.
- ✓ A card sent for no reason at all.
- ✓ Bringing home a special treat that you know they love.
- ✓ A call during the day, or a message left on the voice mail, just to say, "I'm thinking about you."
- ✓ A secret signal that says 'I Love You' that only the two of you know.
- ✓ Depart and reunite with loving gestures. Come together with a loving welcome and put a loving seal on your farewell.
- ✓ Script a Why I love you page, tie it with a ribbon and give it to your partner or better yet, frame it.
- ✓ Talk together for 10 minutes every morning before getting out of bed or every evening before going to sleep and tell each other what you love and appreciate about each other.
- ✓ Ask if you can help.



Be Generous With Praise

What you focus your attention on, grows. Say “thank you,” offer a hug, pay your partner a compliment—anything that communicates you acknowledge and value how important they are to you and that you appreciate them.

Accentuating the positive and what is good in each other and in the relationship is a win/win for both partners. Don't assume your partner knows how you feel. Say it in words, show it in your actions, compliment, give a hug of thanks, anything that shows and communicates that you are seeing and valuing how important your partner is to the mainstay of your relationship and in your life.

When you feel grateful for the good things in your life, you attract more of those good things to you.

When you are focused on what is wrong, those things dominate your perception. This poisons the relationship and causes couples to drift apart. So stop it! Start celebrating the positive.

Communicate and Connect

Give Each Other Your Focused Attention



Talking to each other is one of the main tools we use to connect with each other. It's how we extend ourselves and let our partner know who we are, what we need and how we feel. It's important for the partnership to create an open passageway where each person can safely express themselves without fear of rejection or judgment. Mutual respect, trust and understanding come from our willingness to tell our truth and allow our partner to do the same. Here are three ways to begin:

Say What You Feel

Talk about your wonderful and joyous feelings and the sad and lonely ones too. Anger, happiness and surprise are all states of being. They are not right or wrong, justified or unjustified. They do occur and are very real to the person experiencing them. Disclosing yourself immediately brings you to a deeper level of connection with yourself and each other.

Asking vs. Telling

Let's face it. Judgments and assumptions are happening inside us all the time. The trick is knowing when to share them and when to keep quiet and let your partner express themselves without giving your opinion, advice for action, or downgrading the emotional content. (i.e. "You're overreacting", "You shouldn't feel that way," "Why didn't you say..." "I would have handled it differently.") IF you are uncomfortable with disclosing your own feelings, you may try to shut down your partner's expression with your judgments. Instead, ASK RATHER THAN ASSUME. Ask your partner what he or she needs from you. Make sure to ask if he/she would like your feedback or advice before giving it.

Tell Your Truth

Take at least 30 minutes and put out your *'do not disturb sign'* to the world. Turn off the phone, close the door, and tell the kids, unless there is an emergency, not to even think about knocking. Then, sit down and take a few minutes to breathe and settle in with each other. Begin to share what's really going on in your heart and psyche, not just your day. Openness and honesty are essential. The goal is to show more and see more of each other, rather than defend the status quo. It takes time and patience but is worth it.





I'm in the Mood for Love -Start with Affection



Often we think affection is sex, or a strategy to use to have sex. So many couples, hold back kissing, touching, or holding each other until they have time or the desire to have sex. Affection is about touching heart to heart, not just body to body. It's starting the lovemaking outside of the bedroom. It's stroking each other when you walk by. It's sending a kiss across the room. It's making eye contact and really seeing each other. Affection is the way to make love all day.

Touch is Healthy

Doctors and researchers have found that hugging is good for your health and well-being. Touching and being touched helps us to thrive.

Did you know that the right kind of TOUCH can lower your blood pressure, improve your outlook and lead to a more restful night's sleep? TOUCH has curative power whether it's a shoulder to cry on, a pat on the back, a lap to sit on, arms to hold us, a high five or a foot rub. TOUCH more than any other sense gives us reassurance and makes us feel loved, be it through hugging, kissing, snuggling, cuddling, massaging and making love. TOUCH is the only one of our five senses that doesn't lose its potency with age. Think about it, over time, our other senses need external enhancements to boost their efficiency (i.e. glasses for our eyes, volume control on the remote to hear better) but our sense of TOUCH (and our need for it!) doesn't diminish with age, in fact, it increases. So many of us have learned to deny, overlook, or downplay our need for touch. It's time to turn down the volume and turn UP the tactile in our lives.

It takes little time to open our arms to one another with huge benefits. What a great way to strengthen your ability to give and receive affection, so give warm hugs to your partner, family and friends often.



Seal It With A Kiss

Kisses are the food of love. A loving embrace of the lips. Wordlessly, they say many things. "Welcome home." "I cherish you." "I'm yours." "I'm sorry." "I'm here for you." A kiss can lift the level of the moment from barren and ordinary to loving and intimately extraordinary. So, kiss and BE KISSED regularly.



Great Kissing Quotes

“At the first kiss I felt something melt inside me that hurt in an exquisite way.

*All my longings, all my dreams and sweet anguish,
All the secrets that slept deep within me came awake,
Everything was transformed and enchanted, everything made sense.”*

~Hermann Hesse

*"Kissing is a means of getting two people so close together
that they can't see anything wrong with each other. "*

~Rene Yasenek

*"Twas not my lips you kissed
But my soul"*

~Judy Garland

Create Intimate Time

Before rushing out the door in a frenzy, get up one hour earlier with your partner and have breakfast in bed, read an inspirational passage aloud, hold each other and whisper sweet nothings into each other's ears, go for an early walk, give each other a massage, make love, take a shower together. Give your partner a 20 second kiss when they walk in the door or are leaving for the day.



Creative Ways To Hug, Cuddle, Snuggle, Touch, Stroke

- ✓ Touch each other without using your hands. You can touch with any part of your body, your hair, your feet, your arms. There are parts of your body that are seldom touched that are especially sensitive. See if you can find these parts on your partner's body--and on your own.
- ✓ Experiment with textures and touch by stroking your partner's body with assorted items, a silk scarf, a feather, a piece of fur.
- ✓ Wash and brush your partner's hair.
- ✓ Create an environment with lighting and sound that is conducive to wanting to make love. Soft music, flickering scented candles, a warm bath, clean, soft sheets, wearing something that feels sexy to you.
- ✓ Read erotic literature together or tell each other steamy stories.



Fun, Fun, Fun - Doing the Unexpected



Just like children need play to help them de-stress, learn, and be happy; adults too need play to help them relax, be at their best, and feel more energized, present and loving.

Playfulness stimulates vitality, creativity, optimism and deeper love. When we play and laugh together, we inherently say "I like you. I like being with you. Being together is fun. We are great. I like US. I like spending time with you. You are wonderful." Play produces an environment for easy connection, communication, teamwork, and deepening intimacy.

It's so easy to fall into our daily routines and get bored. Play promotes spontaneity when life seems routine and decreases boredom. Learning something new together, trying a new or different activity that we wouldn't normally do, giving ourselves permission to be playful and silly, gets us out of the same-old, life is routine mindsets into our heart and body. Playfulness oxygenates our relationship like breathing does to our body. It gets us out of our ho-hum routines, ritualized mind-sets and brings new life, surprise, openness and love to the moment.

Break through the ho-hum "*I'm so bored*" barrier that often plagues long-term relationships by learning something or doing something new together. Sharing activities of mutual interest is the glue that makes relationship work and create happiness. Learn something new together. Once a month try a new and different activity--something you normally would not do. Go ice skating, take a salsa lesson, rent rollerblades, go for a full moon hike, stay in hotel in your city and be a tourist. It's amazing what getting out of the routine will do.

Here's some additional thoughts and suggestions....

- ✓ Look for props, ideas and places to go. There are wonderful resources and sources of romantic inspiration on the internet, TV, radio and in the newspaper.
- ✓ Watch the sunset together. Bring a blanket and picnic.
- ✓ Learn a new dance together. Take a class or use a dance video.
- ✓ Take turns planning a surprise, mystery date.
- ✓ Text each other throughout the day in different character role play. For example. I might text as a superhero. "Cat woman to batman, watch for my bat signal, I want you!" Superman to Lois, "I've got your back baby. My speeding bullet awaits you."



Start with any of the above. I promise that it will make a difference in your love life!

Wishing you many blessings of love and joy,

Dr. Sheri

About the Author: Dr. Sheri Meyers



America's leading love and intimacy expert, Dr. Sheri Meyers, Author of "[Chatting or Cheating: How to Detect Infidelity, Rebuild Love, and Affair-Proof Your Relationship](#)" is a licensed Marriage & Family Therapist in Los Angeles, CA. She is among the nation's most frequently quoted and interviewed relationship and infidelity specialists regularly appearing on NBC,ABC,CBS,CNN, FOX and numerous cable TV shows and radio talk shows. Dr. Sheri's compassionate, practical, straight talk and easy-to-apply methods have inspired and helped thousands of men and women face and overcome their most complex and daunting relationship and sexual challenges. In her private practice, online videos, book, and in front of national television audiences, Dr. Sheri transforms the FEAR of change into the FUN of change and shows people how to seize the life and love they've always wanted. For a free chapter from "Chatting or Cheating", helpful relationship videos and articles, please visit her websites: [chattingorcheating.com](#) and [drsheri.com](#).