



Re-igniting relationships and getting that spark back

February... the month of love and romance! How was your Valentine's Day? Did it go with a 'oooh' or more of an 'oh'? Modern lives are hectic and sadly the first areas to suffer are usually romance and intimacy in favour of chores, work and sleep.

Change the way that you communicate. Take a moment to recall some of the recent conversations that you have had with your partner? Think hard... what was the content of that conversation? What was the tone? What was the intimacy level? The acid question is whether you would speak to someone at work in the same way? How we speak to our partner is also a habit, much like other habits we have: some are good, while some can be unhealthy or even harmful. When aggression becomes a habit it can seriously affect the romance in a relationship. The old fashioned values of adding 'please' and 'thank you' can be a simple way to alter the meaning of the communication and transform its tone whilst adding back some of the respect for each other.

Find time for your relationship. I have noticed that an increasing number of clients that I see have developed a social life that entirely excludes their partner and then they wonder why sexual intimacy is lacking! Even if it is just once a month, find a window for each other and reconnect. What was it that first attracted you to your partner? Yes, we've all heard it before but a monthly date night gives you that something to look forward to together.

Make an effort for each other. We all know someone who lost an incredible amount of weight/developed a new groomed look or transformed in some way following a relationship breakdown...I wonder how things might have been different if they had wanted to look good/ feel good for each other instead?

I often ask the 'miracle' question; how would you like life to be? How would it be different? How will you be looking? Standing? Feeling? As yet I haven't had the answer "I'll be in my stained tracksuit bottoms, displaying my protruding stomach, stinking gently with unwashed hair and stubble" (!) The smallest of changes can pep us up and make us feel great- so break routine and have a shave, pop on some clean clothes or put some makeup on for each other.

In NLP terms (Neuro Linguistic Programming) people work from the VAKOG submodalities of being either: **V**isual, **A**udio (sounds), **K**inaesthetic (feelings), **O**lfactory (smell) and **G**ustatory (taste).

Your partner's language gives you a clue to their submodality of preference so get listening and have some fun working them out. It could change the way that you communicate as well as having some other very pleasant side effects!

Next month I will be talking about Spring Cleaning your past to make way for the future.

Nicola Beattie, Clinical Hypnotherapist & NLP Practitioner at Hypnotherapy Works

07872 037426 www.hypnotherapy-works.co.uk