

Create more connection and intimacy with your partner. The 3 most powerful bonding exercises for couples

These exercises will help you to make deeper connections with your partner.

Research has shown over and over again that people have affairs because a feeling is missing in their relationship. An affair is a search for a feeling of connection and intimacy. Attention and interest make us feel loved and wanted by our partners. When these feelings are no longer being provided in the relationship, it can easily be found elsewhere. Affair proof your marriage by and creating and enjoying good feelings in your relationship.

With 40% of marriages reporting affairs (if you include emotional affairs) it makes sense to pay attention to the energy you are sending out to your partner.

In the US Today with all the easy access to so many temptations toward affairs, (availability of Facebook, texting, women in the workplace, business travel, email, pornography and chatrooms) the incidents of affairs have risen - **40% of marriages now report EMA's (extra marital affairs)**. It now becomes more important than ever to have vitality and connection in our relationships. Also doing these loving and playful tips will not only be spreading more love but these behaviors will make you feel more empowered and joyful yourself!

- ♣ **Appreciation is a powerful tool to change your mood to one of happiness and contentment.** What ever we give attention to increases and also what we appreciate we get more of. So acknowledging 1 thing you appreciate about your loved one is the fastest way to feel good yourself, and also you will see that it will increase the behavior in him that you are acknowledging and appreciating.

Pick one small thing that you honestly appreciate about him and tell him “ I appreciate it when you _____ or I appreciate how you _____

To make it even easier to be aware of things you appreciate you can download a free app for your smart phone or tablet at Gratefulness.org.

- ♣ **Transforming Criticism**-Couples often get in the rut of criticizing their partner for 1 or 2 particular things over and over again. If you do this, here's how to change that. Identify one thing you criticize about. Then ask yourself “What do I want to get from doing this?” Then ask yourself “Am I getting what I want?” If you see that you are not getting the behavior to change by your criticisms I invite you to try this experiment for only 3 weeks. If you simply do not even mention the thing you criticized for. The way you do this is to set the intention to take a deep breath every time you are tempted to criticize this behavior. You probably will slip at first but eventually you will catch on. After 3 weeks you will either see a modification of the behavior (small at first) or a change in the mood between you. Another benefit of this is that you will become much more aware of your criticisms and negativity. With awareness you can choose what to say instead of saying things automatically. More awareness gives you more choice-in all areas of your life.

- ♣ **Hugging until relaxed.** The third thing that I am going to recommend is very powerful and you

don't even have to say anything to reap the effects of this amazing intervention. And what you do is when you first see your partner in the evening or morning you agree to hug for 6 seconds without talking. You just stand balanced on your own 2 feet and hug without talking for 6 seconds. Notice what happens in your body and you will see a sense of calming (self soothing) setting in. This is what you want- you want to be able to calm yourself in the presence of your loved one. You will discuss this ahead of time and both agree to do it for a week to see if you like it . . . Most couples only hug for 4 seconds at the most. You are going to do it for 6 seconds, counting silently to yourself "1-Mississippi, 2 Mississippi, etc until you get to 6 and just notice how you feel after this. It can be very bonding to make a kinesthetic connection without talking first thing and see how it sets the tone for the rest of the evening/day. Every couple who has done this has loved it without exception. If you don't think your partner will love it, you might be surprised!

As I said, each one of these behaviors is very powerful in creating a sense of connection or bonding. It will start to create more intimacy and mutual trust in the relationship. I invite your comments about how this worked for you! If you found these helpful watch my website <http://susanquinn.net> for more exercises.

Happy Connections,

Susan Quinn