



Talk and Talk Some More

Instead of discussing problems regarding the children, your communication or other domestic matters, start a conversation about something your partner loves. Tell him or her about something you love, or your ideas about your future; or ask a question. Curiosity shows your interest in your partner and can open the way to more intimacy. Do you know their favorite place in the world? Favorite childhood memory? There's always more to learn about each other, and new discoveries can refresh your relationship and help your partner check back in.

Tackle Something Together

Complete household projects you've been putting off or take a class together. Volunteer for a cause that matters to both of you. You'll feel like a winning team, gratified by your accomplishment.



When Your Partner Checks Out of the Relationship: How You Can Bring Love Back



“It Takes Two.” Well, Perhaps Not...

In a new relationship, even when doing ordinary things like preparing dinner together or visiting at a restaurant, partners are engaged with each other, full of energy and animation.

Fascinated, couples discuss all kinds of experiences and pursuits. At the end of a date they can't wait to see one another again.

Sue misses those long-ago days. More often than not she comes home to find that Tom has already fixed himself a microwave dinner. He doesn't join her in the kitchen, ask her any questions about her day or talk to her about what's going on in his life. He's abrupt, and his attention is divided between her and the computer.



Ellen was thrilled when she and Joseph were

expecting their first child; but once the baby came, he felt left out. Ellen was always tired or preoccupied, and when they had any time together there was just a tension that he didn't know how to address.

There could be many reasons why your partner has checked out of your relationship, including boredom, heavy work load, exhaustion, illness or even substance abuse. Keep in mind that when you are feeling this distance and loneliness, your partner is suffering as well.

So before you jump to blame and demand, remember to understand, ask questions and work together. Addiction requires specialized help. For the other reasons you may be experiencing distance in your relationship, consider these tactics.

Date Night: A Don't-Miss

Make sure you have time alone together on a regular basis. Reinforce your commitment to each other by booking a babysitter, clearing your calendars and treating the date as a crucial point in the week that you cannot miss.

Add Some Sparkle

Skip the dinner-and-movie routine and do something unusual. Try salsa dancing or rock climbing, or visit a new spot you've never been to. Shake it up to help reignite the spark between you and your partner and bring excitement back into the relationship. Romance and adventure are closely related.

Don't Worry, Be Happy

Fulfill your needs and you'll feel great. Your partner may see your genuine cheerfulness and wonder what he or she is missing. You'll be surprised at how attractive your positive attitude is and how it can affect the relationship in wonderful ways.

Don't Wait for Change

If you keep doing what you're doing, it has been said, you'll keep



getting what you're getting. Don't wait for your partner to read your mind or to change. Express your love. Say what you need. Take leadership in your relationship. Honeymoons aren't meant to last forever. But bringing that sweet connection back into your relationship is worth the effort.