

*To have and to hold*

# Bogged down in your relationship?

Don't let the winter blues influence your relationship: here's some advice on how to rekindle



**RELATIONSHIPS**  
With Joanne Wilson

**S**UNSHINE Coasters usually enjoy a glorious winter but we may still withdraw a little from the chill, find it hard to get to the gym and feel more irritable. Our lips get dry and cracked and so can our relationships. You may have started the year with the intention to give your relationship another big shot and rekindle the connection. As we approach mid-year, maybe you're both on the downward spiral and bogged down.

While this one is for the ladies, I know you blokes will sneak a peek. So gals, here are your winter intimacy revival techniques you'll love and could, well, loathe.

- Indulge in you first. Make a list of 20 things that delight you. Carve out time to do three things in the next week and be responsible for achieving them. Focus on your own desires as it's not your man's job to make you happy.

- Express your desires to your partner in the way that inspires. "I would love it if..." Take out the "you"...

- Girl chat. Call a trusted friend who can also support your own desires. Feedback in the counselling room is that we girls generally have too many words for a bloke to bear.

- Consider the first three things you think about your husband when asked to describe him and it will give an indication of your approach to your relationship.

- A man needs respect like he needs oxygen. Restore respect with an apology. Act as if you respect your spouse even if you

don't feel it right now.

- Helpful in wife language can be critical in man language. A wife expressing her desires is always more powerful than debating or disagreeing with his thinking which can be disrespectful. You can listen to your spouse without agreeing or disagreeing for a moment. Just be an attentive listener.

- Know where you end and where your husband begins and act accordingly. Do you need to relinquish some control and say, "yes to yourself" then stop doing things for him he could easily do himself?

- Consider your marriage as a wonderful "self-improvement" project. It's much like a mirror and an accurate reflection of the energy you provide to your spouse's environment.

- Shift your focus from what you don't like to what you do. Express gratitude three times a day to your husband from the ordinary to the extraordinary.

- During conflict, use "ouch" to convey your hurt and diffuse your reactive torrent of words with this one word.

- Affirm what you want to experience instead of what might be your current reality. What will your spouse-fulfilling prophecy be?

- Consider getting out of that vehicle of contemplating separation or divorce that you're bogged down in and lead the relationship in a positive and proactive way. You then have some peace that you at least gave your 100% before choosing which road you'll take.

Joanne is the Founder of TheConfidante Counselling. Visit [www.sunshinecoastcounselling.com](http://www.sunshinecoastcounselling.com) for enquires.

**HOW IT BEGAN:**  
Reminiscing about what first attracted you to each other when you met can get the conversation going on intimate terms.



▶ Revive the love.

PHOTO: PEXELS

“ You can listen to your spouse without agreeing or disagreeing for a moment. Just be an attentive listener. ”



**SAVE 20% to 50% off our full range of ceiling fans!**

ALBA DESIGNER CEILING FANS FROM \$74.50

# lighting inspiration sale

**SAVE 20 to 60% OFF\***

**LIGHTS, LAMPS + FANS**



**LONS LED DOWNLIGHTS FROM \$9.95**

**SAVE 20% to 60% off our full range of LED downlights!\***



**SAVE 25% off our full range of lamps!**

**If it's not on SALE take 20% OFF the Regular Price this weekend\***



**FOCO LED FLOOD LIGHTS FROM \$19.95**

**SAVE 30% off our full range of outdoor lights!\***

**We Have Moved! Andrews Light Up is NOW OPEN at The Zone Maroochydore**



**ANDREWS LIGHT UP**

**Maroochydore**  
The Zone Maroochydore  
32 Wisers Road,  
(Beside the Post Office)  
**Free Call 1300 857 901**

**Open :**  
Monday - Saturday: 9am - 5pm  
Sunday: 10am - 4pm  
[www.lightup.com.au](http://www.lightup.com.au)

\*Save 20% Off the regular retail price across the store and save up to 60% Off the regular retail price of selected lights, lamps and ceiling fans. See in-store for details. Globes & accessories not included unless specified. Sale ends 15 June 2017. All fittings, other than DIY models, should be installed by a qualified electrician.

