

QUALITY TIME MATTERS

TAKE TIME TO REALLY LISTEN AND CONNECT IN YOUR RELATIONSHIP

WORDS: JOANNE WILSON

Do you agree that 90 per cent of being married is simply yelling "What?" from other rooms in the house? You might even consider this as ticking off quality time with your partner. Sorry, that doesn't cut it and I'm here to save you from relationship erosion, especially if it's your spouse's love language.

It sounds like I'm striking a chord for Sunshine Coast singles and couples incredibly keen to find out their love



languages. For those just tuning in, we're up to Part 4 of this series and you can complete the 30 quick questions on my website to find out yours. If you're hitched, it's just as important to find out the love language of your spouse. It's also imperative to communicate what you truly appreciate about your love language.

Love languages are the ways in which we express and receive love. They're the words and actions we use to let others know that we love them and how we feel that others love us.

In short, the first three love languages I've covered are words of affirmation, acts of service and receiving gifts. That brings us to quality time!

You might think an afternoon in the same house is quality time, but it goes beyond just proximity. It's an issue that should include focus and attention and I mean talking to and engaging with each other about each other.

If this is the love language of your spouse,

why is it important? Your partner wants to feel like your other half. Whatever activity you need to do today, they probably want to do it *with* you. Even things that might seem boring, like running errands, can be a bit special for a partner simply because you're together.

There's little worse than having a half-focused conversation with someone whose love language is quality time. It'll hurt, hard. Avoid distracted conversation. Be present and engaged. Your gift of maintaining interest in their life is more valuable than you imagine. Ask them how their day was, then do nothing but listen and give them your full attention.

The love language of gifts isn't about the gifts so much as the thought behind them. In the same way, quality time for your partner may well be more than sitting next to each other watching Netflix. Make your partner feel loved by planning special hangouts just the two of you. Why not carve out some time at least once a week to make a snazzy meal

together and play question games. That will rack up a heap of quality time credits; especially if you're both competitive. Video games even count if you're playing together.

Other types of quality time are board games, cooking lessons or food festivals, art gallery or museum tours.

This month there's still the Craft Beer Festival, Jungle Love in the Borumba Deer Park or the Caloundra Chilli Food Festival.

I've formed a huge list of fabulous date ideas on the Sunshine Coast. You'll find them among other awesome tips in my Relationship Rejuvenator E-book under books on my website.

This series concludes with the love language of "touch" next week.

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