

Keep The Passion Stoked in Your Relationship-Long After Infatuation Wears Off

We are all familiar with the “honey moon” phase of a relationship. That blissful period where the sparks are flying and nothing in the world can taint the rose-colored image we’ve created for our beloved. We put in that extra effort to look our best, display our most charming qualities as if auditioning for a lead role, and become our most agreeable self.

This is the stage where love begins to blossom and the flaws of our partner are non-existent to the naked eye, but as with most things in life—this heightened state can’t be sustained. Once the high of infatuation begins its descent—we begin to settle into the routine of our partner and the passion that once lit a fire in our soul seems to be reduced to a simmer.

Perhaps this is the natural transition of a relationship when time has passed and you’ve gotten used to one another, but could there be a way to sustain that same enchantment that existed when you first met?

How can we keep the passion stoked in our relationship long after the infatuation wears off?

Keep The Energy of Spontaneity Alive

There is no better feeling than that whirlwind energy of newness when we first meet our partner. The connection is invigorating and we give our beloved a first-class ticket into our world to partake in everything that we enjoy without a second thought. Romantic nights out on the town, trips to your favorite places, surprising them with a gift that we know they’ll love, etc.—new love often inspires a natural openness and generosity.

But once the foundation of a relationship has been established and we become more comfortable with our partner—acts of spontaneity slowly begin to diminish and dullness often ensues. Keeping the energy of spontaneity alive in a relationship is something that takes continuous effort by both parties. It doesn’t have to involve doing anything extravagant or over-the-top. Simply exploring each other’s interests and using those interests to create impromptu moments brings fun back into the relationship and allows you relive that whirlwind energy that existed when you first met.

Unplug And Tune Into Each Other

Putting in long hours at a job, conflicting schedules, and social media are just some of the issues that

can slowly drain the passion out of a relationship. Our minds are in constant movement throughout the day—from stress that may be occurring in our work environment to something we saw on the news that disturbed us to drama on Facebook—so it's no wonder we feel depleted and have no energy to give to our partner once the day is over. The best way to fuel the passion in our relationship is to learn how to disconnect. Unplug from everything and tune into your partner. Taking the time to be completely present and communicate with no outside distractions shows that you cherish your quality time together and allows you to connect with your partner on a deeper level.

Remember What Drew You To Each Other in the First Place

What is it about your partner that attracted you to them? Was it their kindness? Their unapologetic honesty? Their ability to live outside of the box? Their smile that could light up a room? Going back to the drawing board and reviewing what you most admire and respect about your partner is a wonderful way to rekindle the passion in a relationship. As we become more accustomed to the patterns and ways of our beloved, we can sometimes unintentionally take them for granted. Remembering those traits that brought you together and taking the time to honor them replenishes your appreciation for your partner and gives passion the room to keep growing and developing in new ways.

Our relationship will go through many levels of evolution as layers are removed and we learn more about our partner. Keeping the passion stoked in our relationship is something that must be continuously developed. Passion goes through ebbs and flows just everything else in life, but if we are willing to take the initiative—we will discover new ways to flow through the barriers and sustain a fiery connection with our partner that can never be put out.