

# **Six Tips to Rekindle the Spark in Your Relationship**



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THE SPARK**

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*You don't have to wait for February 14 to roll around to think about how to strengthen your relationship. Check out these six tips for rekindling the spark in your relationship.*

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## **1. Find and make time to spend one-on-one with your partner.**

Put distractions (i.e. cell phones) aside and enjoy the time and conversation with each other. Go on favorite dates and mix in new activities to explore new interests.

## **2. Share acts of love and kindness.**

Valentine's Day is coming up, but find ways all year long to share acts of love and kindness. Leave notes under pillows or in lunch boxes. Drop by each other's work with a treat. Come home with a fun surprise or take your partner on a quick surprise outing for a drink or ice cream.

## **3. Think before you speak.**

When it comes to arguments and differences of opinions, take a step back and reflect on how important the point of argument is. Is it really worth putting your foot down? Is there room for compromise?

## **4. Be a good listener.**

When discussing matters, be a good listener. Don't interrupt—wait for your turn to speak. When speaking, repeat what you heard to summarize what you understand that you heard. Then use "I" statements by saying "I feel [what feeling?] when [this happens] because [why you feel that way]. Even better

when you can follow up with a request. For example, “**I feel** frustrated **when** you leave for the gym before you help clean the kitchen, **because** I am left to do all the work on my own and it takes the rest of my evening. **Next time can you please** help me quickly right after we are done eating?”

## 5. Make each other smile.

Capitalize on inside jokes to make special moments of connection. Replay the inside jokes occasionally during conversations, or in texts or emails. This should be sure to make you both smile.

## 6. Keep traditions alive— or create new ones.

Remember anniversaries and special dates with a date, a gift, or a note. Consider re-creating favorite activities yearly, such as an evening out to a Jazz game or a concert.

## Find Out More

Looking for more ways to strengthen your relationship? Plan a date night and attend the [Marriage Celebration](#) on February 3 at Weber State University, or the [Date Your Mate Celebration](#) on February 10 at the Viridian Event Center in West Jordan.

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*This article was written by Melanie Jewkes, Utah State University Extension associate professor, Salt Lake County*