**5 ways to ignite sparks In your relationship**

Here are ways to re-ignite the spark, passion and the romance in your relationship:

**1)** **Show them the love**

Express your love to them every day, at least once a day. Show your care, don’t just speak it; it must be accompanied by actions. For example, hugging him/her whenever you meet or doing something special for him/her.

**2)** **Create time to be alone together.**

Happy couples understand that time together is the glue that keeps their relationship close and vital, so they make their intimate relationship a top priority, and they don't spend their "prime time" watching TV or otherwise being preoccupied with other things. They learn how to grow together rather than apart, by doing projects, activities, chores, goals, parenting and recreation together. A conversation needs to occur between the two of you reevaluating and renegotiating the priorities in your marriage.

**3) Create a connection**

Intimate connection is about creating an emotional atmosphere where there is reciprocal heartful sharing of your inner dreams, your longings, fears, hurts, sensitivities and your vulnerabilities. Although it can also be about money, the kids and work, intimate communication is essentially sharing what you're feeling and what you dream about.

**4)** **Show affection**

Warm touches, close hugs, kisses, holding hands, cuddling and comforting. When touching, the body releases a hormone; oxytocin which increases trust and a sense of safety, reduces stress and increases sexual arousal.

**5)** **Play together.**

Be playful in your interactions. Have a sense of humor in times of stress. Find something playful to do that you both enjoy and make it a priority to keep it in your schedule. Play is critical to our sense of connection to others, and to our joy in life. Try some of the simple things: take a hike together, go to a movie, give each other a massage, go dancing or plan a romantic weekend getaway together.