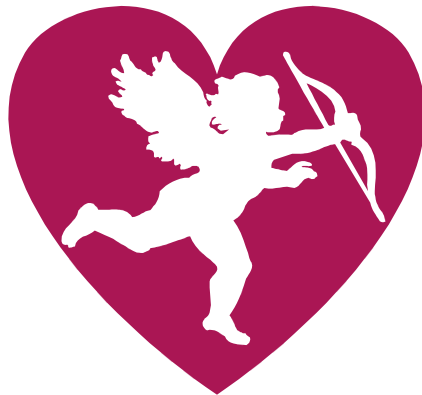


ROMANTIC IDEAS TO ENHANCE  
YOUR RELATIONSHIP INTIMACY



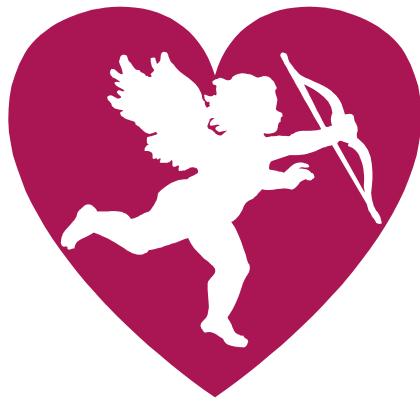
PART II

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ROMANTIC IDEAS TO ENHANCE  
YOUR RELATIONSHIP INTIMACY



PART II

**ROMANTIC IDEAS TO ENHANCE YOUR RELATIONSHIP, PART II**

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*I love you  
not only for what you are,  
But for what I am  
when I am with you.*

*-- Elizabeth Barrett Browning*

## **To Her: Set Him up for Romantic Success**

What is the big complaint of many women? For many women, their big complaint is that they receive romantic gifts from their husbands/partners that miss the mark totally. The gifts are might be appliances for the house or something that the husband could use more than they can.

What is going on? Instead of meeting his gaze and gift with a frown and a sigh, or a sense of frustration and feeling of unimportance, what if you were to give him a helping hand?

Many times, you might like him to be a mind reader. The truth is that he will never be able to read a woman's mind. No matter how long you are together, guessing what you want is not going to be one of his strong points. What do you think would happen if you were to cut him some significant slack with a romance list?

This is not just any list though. Give it real thought.

Think about the things that you want from him. One list might be special things for occasions like anniversaries, birthdays, Christmas, and getting-out-of-the-dog-house times. Another list can be created for things that he can pick up for you to surprise you or let you know how much he cares when you are down. These lists give him a great starting point.

Be specific about what you like. Listing that you like clothes, does not give him an idea of the size, color, brand, style, or particular article of clothing. So – help him out: Provide him with your sizes, favorite colors, favorite designer/brand, some specifics of what clothing articles you'd most like to receive from him.

The same goes for your husband as it does in other areas of your life - you only get what you want if you ask for it. AND you will be more apt to receive items you like when you are specific about what you are asking for.

Men often get discouraged with unsuccessful gifts. After a while they will stop trying and go back to the old stand by: flowers and chocolates, or nothing. That's right, nothing. If your partner were to feel that there is no way he can please you, he might feel so hopeless about it that he avoided the issue entirely. What is the best avoidance? The best avoidance would be to sidestep the whole issue and stop giving you gifts altogether!

There is a book on the market called "The Five Love Languages" by Gary Chapman. The book lists the five different types of love languages and

describes their attributes. Knowing a person's love language can give insight into what will make them love and show love better. To learn more about this title, visit <http://www.mentalhealth-online.com/coaching/5languages.htm>

Along with your lists, give him this book. This is as close to mind-reading as he will get. If you want something deeper than just the right gift for every occasion, use this book to help him to get in touch with you as a woman. If he uses the book as it was meant, he may not need your romance list to pick out that perfect gift you'll love. But, keep your lists just in case.

Don't hang your man out to dry. Let him know exactly what you want from him and you just may be surprised at what he can deliver.

## To Him: Set Her up for Romantic Success:

Gentlemen, what is your biggest complaint about your partner? For many men, their biggest complaint is that the partner is not a willing partner in bed. Some men would have their partner initiate more ... and she doesn't. Other men would want her to be more active in bed ... and she isn't.

If you truly want more lovemaking in your relationship, it is important to recognize an important fact: For most women, making love starts outside of the bedroom. That's right – for a deeply meaningful and satisfying sexual encounter, the activity leading up to the time you go to bed is as important – or, possibly, more important – than the activity of the love act itself. If this preliminary activity is missing, often the bedroom lovemaking never occurs.

Second fact: When this entire activity is considered – the interaction throughout the day added to the sexual activity in bed – a vast number of women thoroughly **enjoy** making love. They enjoy the time with you. They enjoy the closeness that is created between you ... a closeness that lingers afterward. They enjoy the physical contact with you. AND they enjoy the physical release!

So, you might be asking, what's the problem?

The problem is that, in many relationships, the activity throughout the daytime preceding lovemaking is missing. Hence, when it comes to the time of evening when you could begin physical enjoyment – namely, the kids are in bed, the chores for the day are completed, etc. – she is not yet ready.

She is coming into it “cold”, so to speak. If she has had a hard day and is feeling drained, coming into a physically-demanding activity might seem to be more than she can get herself geared up for.

Instead of experiencing her reluctance as another rejection and feeling put down, what if you were to give her a helping hand? What if you were to set out to romance her the entire day?

What if you put a note in her lunch bag and told her how much you love her ... then invited her to “an enjoyable evening together”? For ideas about what to write, visit <http://www.mentalhealth-online.com/coaching/letters.htm>.

What if you called her a couple of times during the day, just to check in and tell her how special she is, how important she is to you? What if you offered to clean up the dishes after dinner, so she could luxuriate in a relaxing bath?

In other words, you take the time to let her know how much she means to you. You provide the setting for her to FEEL the love that she has for you. And, as a result, she will more easily be able to express it physical later, too.

What if, after dinner, from a spirit of willingness and enjoyment, you offered to sit down with her and talk? What if, while you were talking, you held her and created a setting that was warm and close? What if you were to ask her how she was doing? What issues were on her mind?

What if you invited her to tell you about the stresses of her day? And what if, while she talked, you started to massage her neck and shoulders?

In other words, you help her to unwind and release the things that, otherwise, might have distracted her from an enjoyable sexual time together. Could you do these things – not just because you want something later, but also because you KNOW it will help her feel better, which is an event that is dear to your heart. Could you do these things – not just because you want something later, but also because, when she feels loved, pampered and cared for first, she can enjoy the lovemaking more, too.

Don't hang your partner out to dry. Tell her throughout the day – in the language she understands – how much you love her and want her. You just may be surprised at what she delivers as a result.

## Seven Romantic Living Room Dates for the Two of You to Share

Just because you are married doesn't mean that you can't go out on a date -- with your spouse, that is. Dates keep the romance fresh and alive in a relationship. Here are seven date ideas that don't even require leaving home.

- 1. Have a Picnic on the Floor.** This is one place where the weather won't change. The conditions in your home are perfect for a picnic anytime. Spread out the traditional gingham blanket and let the fun begin. Turn off the television and turn on the environmental music sounds to achieve the full effect of the outdoor atmosphere.
- 2. What about a Movie Night?** We all like to turn down the lights and enjoy a good flick. This type of date is perfect for parents of small children. Once the little ones are tucked in bed and off in la-la land, set the scene. Pop a large bag or two of popcorn and your favorite drinks and snuggle up on the couch or a blanket on the floor. Take turns watching each other's favorite type of movies.
- 3. Game Night.** What are your favorite games? Mix it up a bit between board games, video games, and kid's games. Yes, I said kid's games. You and your husband can play hopscotch, Twister, or I Spy. The night is about laughs and getting to know each other again, so have fun with it.
- 4. A Night of Karaoke Fun.** You may not sound like a professional songstress, but that shouldn't stop you from having a good night of laughs singing your heart out. Sing romantic songs together that you enjoyed when you were dating. Go one step further and dress the part before the performance. Take turns singing love songs to each other.
- 5. Spend a Winter in the Mountains.** If it's cold outside, find warmth around a cozy fire. In the absence of a fireplace, light some candles for a romantic mood. Make a cozy pallet on the floor and serve hot cocoa with marshmallows. Enjoy some wine, cheese, and fresh fruit together to help you keep warm.

**6. What about a Spa Night?** Dress up in terry cloth robes and fuzzy slippers. Give each other manicures and pedicures. Men aren't too practiced in this area so your handiwork may look better than his, but it is the thought that counts. Finish up with massages.

**7. Night at the Strip Club.** For a bit more seductive living room date, take it all off - literally. Leading up to the date, pick out your outfits and practice your "routine." Don't take it too seriously though. Have some fun with it and each other.

You don't have to leave your home to have an interesting date. Turn your living room into any locale you can imagine to make it fun and out of the ordinary.

## Seven Romantic Meal Ideas

You certainly know the question, “What’s the best way to a man’s heart?” You probably also know that the answer is through his stomach. What you may not know is that this is true of your female partner, too!

So, if you’re looking for a bit of romance in your relationship, start cooking! And, for the very BEST where cooking is concerned, do the cooking together.

Here are some romantic meal ideas for each phase of your meal. Use them to get more than just the food heated up!:

- 1. Desserts.** Let’s start with the fun part first. Skip the meal and go straight for the best part - chocolate. Chocolate is an aphrodisiac. Sprinkle it on ice cream or pudding. Melt it into a fondue and take turns feeding each other chocolate-covered strawberries, bananas, or cake squares.
- 2. Appetizers.** When you don’t feel like eating a lot, create a variety of appetizers to wet both your palates. You can make it yourselves, get it at the grocery store or have it delivered. Either way, keep the menu simple. Start with a veggie tray and ranch dip, or spicy chicken drumettes with hot sauce. If seafood is your fancy, try shrimp cocktail on skewers. Oysters – either cooked or raw -- are also an aphrodisiac.
- 3. Breakfast.** Breakfast in bed can be an eye-opening experience. The best time to romanticize this meal is on the weekends when there is time to enjoy not only the food, but also any activity afterwards that may occur. Create a breakfast casserole with some of your favorite ingredients like chopped peppers, sausage, cheese, bacon, and eggs. Feed each other one bite at a time. Top off the meal with a mimosa or two.
- 4. Dinner.** No one wants to fix dinner but making it together can lighten the load. Create a night in Tuscany with an Italian pasta dish. Spaghetti with large meatballs or fettuccine with chicken or shrimp are good choices. Or you might choose to have roasted chicken and eat it as the starts did in the movie Tom Jones. You are only limited by the imaginations of you and your partner!

5. **Enjoy a Drink or Two.** As dinner is cooking, relax with a drink. If you and your partner prefer wine, pair either red or white wine with the dish you have prepared, so that the wine complements your meal selection. If you and your partner enjoy mixed drinks, open the bar and mix up something new to help set the mood.
  
6. **Salads.** In spring and summer, salads are less filling when eaten for lunch or dinner. You can set up a bistro table on the patio or porch and enjoy a light meal and some relaxing moments outside, just the two of you. Salads don't have to be just vegetables either. Add lean strips of steak, chicken, fish, or shrimp. If you like spicy foods, you can easily create a taco or tortilla salad to tickle your taste buds.
  
7. **Vegetarian Dishes.** Vegetarians need romantic meals, too. Try a spicy, meatless chili in a bread bowl. For a dinner meal create a pasta dish with sautéed vegetables or a meatless sauce. Eggplant parmesan and veggie lasagna are filling dishes; they go well with white wine, too.

When done correctly, meals can light a romantic spark. Enjoy your meal. Add in a bit of honest conversation, and see where it leads you.

## Seven Frugal Date Ideas for Both of You to Enjoy

Dates are an important part of any couple's relationship, but especially for married couples. Dates are fun and add a bit of spontaneity to a marriage. For couples with children, dates can be few and far between for a few reasons.

Have you found it easy to forget to make time to go out together with your partner without your offspring? Or, do you find that money creates a deterrent? Money can get tight, especially if you have to pay not only for the date but also for a sitter, as well. If you're having a hard time coming up with wallet-friendly date ideas, try these seven. Remember: the important part about the date is that you and your partner are putting aside -- and spending -- enjoyable time together, just the two of you!

### 1. See a Matinee

Want to go out and see a movie? Instead of running with the rest of the crowd to the eight o'clock show, take in a matinee instead. The theaters are less crowded and you don't pay as much for the tickets. There will even be money left over to share popcorn and a soda.

### 2. Hit the Buffet

Buffets are not necessarily about how much food you can shovel in your mouth at one sitting, but about getting a good meal at a great price. Find a cozy table for two in the corner and have a meal for two that costs less than it would for one at a fancy restaurant.

### 3. A Walk in the Park

A change of scenery is good from time to time. To get a change of scenery, visit the local park on a weekend afternoon to spend time together. While you are there, watch the geese, take a ride in the paddle boats, have a festive picnic or bring your bikes/hiking boots and explore a trail.

### 4. Visit a Museum

Culture doesn't have to come with a high price tag. The local museum may have an art or science exhibit you have been longing to see. Broaden your horizons as a couple and create new memories taking in a bit of history.

### **5. Soak up Some Local Atmosphere**

From big cities to small towns, if you look for them you will find that there are always things going on around the community. Sometimes, if you don't find them at first, you just have to look a bit harder. Check out an outdoor concert with local bands or classical ensembles.

Many localities have community theater groups who put on productions of famous Broadway plays for as little as five or ten dollars per ticket. Some art galleries have showing nights or art walks that the two of you can enjoy.

### **6. Night of Jazz Music**

Find a nice downtown club and listen to some good music. Some clubs may have outdoor seating allowing you to enjoy the night air while listening to the sounds wafting from the inside.

### **7. Go Dancing**

Dancing is not only fun, but a great way to get a bit of exercise too. If you don't go out much or aren't confident in your dancing skills, sign up to take dance classes together. Take a Latin dance class to generate fun and passion. Or, if smoother and quieter is more to your taste, learn more-traditional dances like the Waltz or Fox Trot. Classes are fun and don't cost a lot. You both can meet plenty of interesting people while still enjoying one another's company.

By spending less money on the dates you take, you will find – to your surprise! – that you can make the dollars stretch into more than just one date every month or two. Give some of the above ideas a try, but, no matter what you choose to do on your date, remember to have fun. The purpose of these dates is to enjoy one another's company more and more.

## 5 Tips for Planning Romantic Getaways on a Budget

What's stopping you from enjoying fun in the sun surrounded by crystal clear waters? For many, the top reason they can't enjoy the romantic getaway of their dreams is due to the price tag. When people think of romantic getaways, they think of faraway places in exotic locales and normally these types of vacations aren't very friendly on the wallet. Don't give up, though. These are not the only romantic getaways to be enjoyed.

Instead of thinking of a budget as restrictive, think of it as the first step in your plan to enjoy a worry-free, romantic getaway. Look to your budget as a friend who helps keep you in check.

Avoid seeing the budget as the enemy, keeping you from experiencing the romantic getaway you want. These helpful hints will guide you in planning a romantic getaway on a budget.

- 1. Plan Early** - The best deals are normally found far in advance of the trip. By planning ahead, you may find that you can afford to budget a romantic jaunt once every season instead of just once a year. Once a month is also do-able if you keep the trips simple.
- 2. Rent a Car** - Cheaper rental prices can be found if you pick up the car on Thursday and return it on a Monday. This is a good way to travel without adding mileage to your own car. For locations that are not too far away – but require a bit of time driving – use the road trip to spend time talking and enjoying the scenery along the way.
- 3. Explore Your Own State** – do you think of a getaway as requiring that you and your partner leave our state? This need not be the case. Any change of location that is relaxing and romantic is a great way for you and your partner to spend time together.

Check out the mountains and beaches in your state. Each state has points of interest. For example, in the state of North Carolina, there are romantic cabins and hotels in mountainous areas like Asheville. There are also beachfront views in Wilmington and the Outer Banks.

- 4. Take a Bus Tour** - Bus tours take trips to many popular places. These are coach tour buses with comfortable seating. Many times the cost of the trip includes hotel rooms and food. You can take a weekend trip to wine country, casinos, or other locations without spending a penny on gas or having the dreaded worry of doing the driving.
  
- 5. All Inclusive Resorts** - If the romantic getaway is to last three or four days, research all-inclusive trips. These deals include airfare and hotel, and food. A number of activities are also included in the package so you don't have to leave the resort if you don't want to. Mexico, the Caribbean, and Hawaii are just a few places that have all-inclusive resorts.

A budget doesn't have to stop you from spending time together away from it all. In fact, planning ahead makes the trip more romantic, because you are planning together which creates a sense of mutual excitement and expectancy. In addition, once you are on the trip, money is the last thing you have to think about. Instead you can concentrate on each other. Of course, that is the whole point of a romantic getaway in the first place!

## Gifts to Remind Him/Her of You at the Office

Are you married to a businessman or businesswoman? If so, your partner spends a lot of time at the office making deals and earning promotions. Keep him or her in style at the office with a few gift ideas. S/he'll be the most put-together person in the office. S/he will look desirable in your eyes, as well.

- 1. Talking picture frame.** Remind him or her of how you feel each day s/he is at the office. A talking picture frame can record a sexy message for your partner's ears only can really bring you into your partner's office life. Imagine your partner listening to your words while gazing at your photograph. It can also be an uplifting message of love to keep him/her encouraged when things get rough.
- 2. Personalized name plate for his/her desk.** Has s/he just gotten a promotion? Celebrate this good fortune with a custom-made name-plate complete with the title of his/her new position to be handsomely displayed on the desk.
- 3. Paintings and other artwork.** Is your partner one of those businessmen or businesswomen whose office is a second home? If so, s/he might appreciate having something homey and interesting to gaze at. You can select a special painting – or paintings – to replace the cold, impersonal feel of the office with a more-relaxing atmosphere for your partner and his/her clients.
- 4. Business card case.** Everyone will be talking about your partner's gold case when s/he pulls it out to flash a business card. Companies will spring for the basic business cards, but you can provide a more elaborate one along with the case. Your partner will appreciate you helping to put his/her best foot forward.
- 5. Briefcase.** One can never have too many briefcases. The traditional type of case has been replaced with more fashionable styles. If s/he carries a laptop computer, find a briefcase that doubles as a computer case and a place to store important documents.

- 6. Watch/timepiece.** Being on time is important for a businessman or businesswoman. Your partner may need to know the time in your own time zone and others, as well. Give your partner a watch that is as keen as his/her mind. Brands like Seiko, TAG Heuer, Fossil, and Movado make excellent timepieces for the wrist.
  
- 7. Paperweights.** The good old paperweight never goes out of style for those who work at a desk all day. Whether or not you have kids, your partner will love a paperweight that you or they make themselves. You can find cute paperweights at the dollar store or you can make your own with a little thought, creativity and a lot of love.
  
- 8. Books.** Does your partner like to read? Give him/her a special book for the bookcase at work. This is something that s/he can pick up and read a couple of lines ... and think of you in loving ways. Select something special at: <http://www.mentalhealth-online.com/coaching/5languages.htm>

If your partner spends time at the office, s/he would appreciate enjoying the best that you can give. You can show how proud you are of his/her place in the business world with a gift that expresses your love and respect.

## Gifts to Remind Him/Her of You when You Are Apart

Life gives you many opportunities of spending days apart from your partner. Perhaps, one or both of you travel for work. Maybe you take separate trips to visit family members. Perhaps one of you is caregiving to an elderly relative or a sick friend in a different state.

What can you do to maintain a strong bond with your partner during these times that you are apart? What would show your partner that you are thinking of him/her and miss them a lot?

- 1. Use span-the-distance Chat Communication:** Use instant messengers – for example, AOL, Yahoo, ICQ, etc. – to keep your love life active at a distance. These services provide you with relative privacy, an essential component for strengthening your love with one another. If you choose to keep in touch this way, *Be Consistent* – make an agreement with your partner regarding specific morning and evening times to chat together. Once you decide on these times, make absolutely certain to be there! Make sure that you are there and ready at least 2 minutes before the appointed time.
- 2. Hidden Notes:** Include a couple of hand-written notes in your partner's luggage. Hide them in interesting pockets, etc., or in the clothes themselves. Tell your partner how you miss him/her. Relate to your partner what feelings you have for him/her. Describe to your partner what you would like to be doing with him/her *right now!* You don't have to be too discreet, your messages are in your partner's possession alone. For additional ideas – or some words to use to stimulate your own creativity -- at <http://www.mentalhealth-online.com/coaching/coupon.htm>
- 3. Send Her/His Favorite Flowers:** Surprise your partner by arranging a flower delivery to their hotel or living space. Dictate your own personal message-of-love for delivery with the flowers. This makes a beautiful surprise ... one that will last throughout many days of his/her stay.
- 4. Frequent Emailing:** If you both have Internet accessibility, send email messages. Do so, several times a day. Save a record of all your emails – print them out and present them to your partner when you are together again.

5. **Create and Send Online Greeting Cards:** Sign up at an online virtual card location – e.g., Hallmark, American Greetings, etc. -- and send your love cards that speak of your feelings for him/her. Be sure to use the option to write YOUR OWN message ... so your thoughts are conveyed in your own words! For writing ideas to stimulate your imagination, visit <http://www.mentalhealth-online.com/coaching/letters.htm>.
  
6. **Telephone Communication:** Take time to phone your partner, just to hear his/her voice. Despite all of the technological advances in communication that the Internet makes possible, there is no substitute for hearing the voice of your loved one, and making the opportunity for him/her to hear your voice. Remember the #1 Rule for this type of communication: If you say you will call, CALL!! (Also remember the #1 corollary to the #1 Rule for telephone communication: If you say you will phone at a specific time, CALL at that time!)
  
7. **Send Photos:** Search out some special photos that you took on your last incredible vacation with your partner. Include copies in your partner's luggage. Your partner can put them around his/her room ... and always have the thought of you CLOSE BY!

Or, you can get an enlargement of the most special of these photos and cut it into a number of pieces. Then, use postal service mail to send your partner a couple of pieces each day. Include them in an "I love you and miss you" card, preferably one that you've made yourself. Certainly, one that you have selected yourself! Once your partner has received and assembled all of the pieces, think of a special way that – even at a distance you can celebrate together.

Engaging in a long-distance relationship is a serious challenge! It can test the extremes of your ability to be creative and thoughtful. However, using your creativity – in these, as well as other ways that these ideas might stimulate for you – will result in strengthening the love-bonds in your relationship in significant ways.

*I love you not only  
for what you are,  
but for what I am  
when I am with you.*

*I love you not only for what  
you have made of yourself,  
but for what you  
are making of me.*

*I love you for  
the part of me  
that you bring out.*

*-- Roy Croft*

This Extended Special Report, “**Romantic Ideas to Enhance Your Relationship Intimacy, Part II**”, is brought to you by:

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\* \* \*

Did you enjoy this Special Guidebook? It is my fond hope that you did! I also hope that you derived MANY beneficial ideas – and are using them – to strengthen the romance and intimacy in your relationship.

If so, there is MORE! Get our first Special Guidebook in the Romance series. It is entitled, “**Romantic Ideas to Enhance Your Relationship Intimacy, Part I**”.

**In this Special Guidebook, you will find:**

- The Importance of Romance
- 5 Minute Romance Ideas for Both of You to Enjoy
- Gifts to Make Him Feel Sexy
- Gifts to Make Her Feel Sexy
- Build Romance into Your Day
- and much more

Click to get yours now: <http://www.sexuality-coach.com/romanticideas.htm>



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