Marriage advice: Turn up the PASSION in your marriage

By Richard Nicastro, Ph.D.

"We need marriage help! My husband and I have been married over ten years and in many ways we have a great relationship. We used to have a very passionate marriage but that has changed over the last few years…How can we bring the passion back into our marriage?" Lucy, Queens NY

One of the realities about marriage and long-term relationships is that passion and desire often decline. As a couples counselor and relationship coach, I’ve worked with many couples who complain of a sexless marriage or passionless relationship. Clearly, this is an important issue that, if not addressed, can lead to feelings of alienation and undesirability.

The sexless marriage: When passion falters

Many new marriages or relationships are naturally passionate: Yearning for one another when not together, frequent and intense love-making, communicating your feelings through touch and sex.

But for many couples, the effortless passion of new love isn't permanent: over time the realities of domestic life rob relationships of the mystique that often fuels passion. Seeing one another under less than ideal circumstances, daily stresses, changing roles (like becoming parents), are just some of the passion drainers that all couples must contend with.

The good news is that you can work to create a more passionate marriage or relationship.

The Passionate marriage: You can increase desire in your marriage

(D) Do something different. Relationship ruts are the result of mind-numbing repetitiveness and seeing your partner as one-dimensional (only as a mother, rather than as a mother and as a woman with sexual needs). Being a little less predictable can plant the seeds of desire by increasing your mystique.

(E) Educate yourself about what turns your spouse/partner on. How can you accomplish this? ASK him/her. It can be as simple and straightforward as, "What turns you on?"

(S) Sex is a sensory experience. Learn to incorporate all of your senses (and try to stimulate all of your spouse's/partner's senses) during sex. Touch can be highly sensual and just by touching your partner in a new way, you can ramp up the desire in your marriage.

(I) Inform your spouse/partner about what turns you on. This is where communication comes in: "I like it when you touch me like that"; "It drives me crazy when you talk dirty to me."

(R) Role play in and outside of the bedroom: One couple I worked with used to go to a grocery store and pretend they were strangers meeting for the first time, with the evening ending in passionate love making (and this couple has been married for over thirty years!). When you role play, you bring back the mystery and novelty that often fuels passion early on in relationships.

(E) Experimentation is a mindset that can turn a ho-hum sex life into a passionate sex life. It creates an atmosphere of openness and playfulness. Sexual experimentation doesn't have to be complicated and there are many good books to help couples increase their sexual repertoire. New outfits, new sexual positions, new ways of initiating sex, new locations… You get the idea.
So each letter of the word desire can be used as your passion guide to a more fulfilling sex life with your spouse/partner. Keep it simple and just pick one of the suggestions from the above list.

One of the biggest resistances to using new information is the assumption that "real passion" should come naturally and that any effort on your part is an indication that your marriage or relationship is doomed to a passionless reality. This assumption is totally incorrect. Couples who have been together for many years and still have passionate sex take the time and effort to work at it!

For a comprehensive guide to building and maintaining a passionate marriage or relationship, check out Passion, Sex & Intimacy: Keep the Fires of Passion Burning at http://www.strengthenyourrelationship.com/store/passion_ebook.html.

If you haven't already, don't forget to signup for my free Relationship Toolbox Newsletter by going to http://www.strengthenyourrelationship.com/relationship_newsletter.html.

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Author Bio

Over the past fifteen years Richard Nicastro, Ph.D. has helped couples build stronger, more fulfilling marriages and relationships. Dr. Nicastro has lectured at several universities and now conducts workshops for couples on a wide range of issues. His relationship advice has appeared on television, radio and in national magazines. A member of the International Coach Federation, Dr. Nicastro is passionate about coaching and believes that healthy relationships can add meaning and fulfillment to our lives. His goal is to guide individuals and couples as they implement the skills that will allow their relationships to flourish.

You can reach Dr. Nicastro via his website http://www.strengthenyourrelationship.com