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Article: "Re-light my fire" – Mairéad Whyte.

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If you are in a steady relationship as St Valentine's Day looms, perhaps you need to re-ignite the passions, says MAIREAD WHYTE



Marge: "Homer, is this how you pictured married life?"
Homer: "Yeah, pretty much, except we drove around in a van solving mysteries."
The Simpsons

CONTRARY to Homer's dreams, you don't have to be a member of 'Mystery Inc' or have a dog called Scooby to inject some additional fun and adventure into your relationship this Valentine's Day.

You can re-ignite some old sparks in your otherwise healthy relationship; you can introduce a new touch of spontaneity, you can venture something new, and you can make some new time for playtime. It's all possible when you lighten up and don't take yourself too seriously.

There are hundreds of ways to do this on Saturday, my top ten favourites are:

1. Surprise touches
Touch your mate by surprise. You could land a kiss on their ear when you are queuing in a supermarket or rub their hand when you are sitting by the fire. Don't worry about it if you get a strange look the first time you do it, your mate will get used to it.

You know you are doing well and have developed the expert habit of touching when your mate remarks you are boring holes in them and tells you they fear they may start to look like Swiss cheese!

2. Use technology to surprise your mate
Send them a 'text kiss' and explain what it is in case they are confused, or send a cyber kiss (this is a kiss delivered by email or via online instant messaging). Cyber kisses are especially easy, all you have to do is send a message that says something like "Hi — here is a cyber kiss designed for you. x"

3. Have downtime to play
It is absolutely perfectly fine to be silly and behave like a ten-year-old and play with each other.

Game suggestions include pretending you are sweets in a sweet shop, pick one which best describes your mate. For example someone with grey and black hair could be a humbug. With this fresh perspective you will see new possibilities of creative games you can play when you decide to grow back up again.

Re-light my fire!


Ten ways to reignite your relationship for St Valentine's Day



PASSION: Valentine's Day is an opportunity for couples to share their love




 **4. Listen with the intention of understanding the other person**
Most people do not speak with full stops in the middle of their sentences so make sure you do not interrupt and wait until your mate finishes talking before you decide what to say.
This also applies when they are being playful and talking gibberish. You cannot have empathy when you take yourself so seriously.

 **5. Dress up**
It is a myth to say that love is blind. Make that special effort to dress up for the other person when you are having dinner at home. If you want to use your imagination you could pick two of your favourite characters and 'be them' for an evening.


 **6. Communicate by surprise**
Instead of asking "Did you have a good day today dear?" say something spontaneous across the dinner table

— gauge this based on your shared sense of humour.
It is also very good to listen to how you talk, the response you get is indicative of the manner in which you communicated in the first place.

 **7. Don't be afraid to poke fun at yourself when you make a mistake**
If your mate makes a mistake and if it is appropriate, have a laugh over it. When things appear to get quite serious, regardless of the reasons, learn to lighten up.

 **8. Make him feel good**
Flirt with him in public, tell him he is incredibly sexy and act a little

 **9. Make her feel good**
Tell her she is your best friend and how gorgeous she looks, especially first thing in the morning. Be very specific when complimenting her on all her skills in detail.

 **10. And finally, have a night of passion**
The past does not equal the future and your future starts every minute you are alive. Do not repeat mistakes from the past; learn from them and make a better love-fuelled future adventure for you and your mate.
Set your intention every morning to make your mate feel good. You may only be one person in the world but you may be the world to that one person.
● Mairead Whyte is A life coach based in Ballycotton.

"The quality of your life is the quality of your relationships"
— Anthony Robbins.