

26 Ways of Woo

By Jonathan D. Sherman, LMFT

As part of my belief in the power of “Daily Romance” and “Valentine’s Day All-Year-Long” I ask what better time is there for expressing our love and gratitude for our spouse than during the holidays, specifically Thanksgiving? Here are just a few suggestions for gifts that last throughout the year.

1. List the “Top Ten Reasons I’m the Most Fortunate Husband/Wife in the World.” Read them to your spouse.
2. Surprise your mate by doing one of his or her chores. When asked why, kiss your spouse and say, “Because you’re worth it!”
3. Don’t just show—tell! Say, “I love you.”
4. Communicate your plans to each other. On Sunday night, go over your schedules for the coming week.
5. Use the T.H.I.N.K. method to determine whether an issue needs to be brought up. Is it True? Helpful? Important? Necessary? Kind?
6. Plan an appreciation celebration for your mate, complete with his or her favorite meal.
7. Look at your schedule. Make time with your spouse a weekly priority.
8. Bring back those dating days. After picking up the sitter, walk back outside and knock on the door with flowers in your hand.
9. Don’t turn on the TV until after dinnertime, if at all. Wait for a conversation to break out.
10. Pray together. Thank God for your mate, then pray for his or her special needs.
11. On your spouse’s birthday, send your in-laws a thank-you card.
12. Set boundaries on outside relationships. Don’t let anyone take away too much of the time you spend with your spouse.
13. Are you seeing eye to eye? Experts have found the deeper the love, the more frequent the eye contact.
14. Pull out old love letters, taking turns reading and reminiscing.
15. Take turns reading from sacred or inspirational books each night.
16. Stretch out birthdays with special activities, fun surprises and a whole lot of hoopla.
17. Be a student of your spouse. Learn what he likes. Learn what she needs.
18. Treat your wife like a lady. Open doors and hold chairs.
19. Throw away fighting words like “You never . . .” and “You should . . .” Use healing words like “I’m sorry . . .” and “You may be right.”
20. Make involvement in spiritual activities a joyful priority.
21. Instead of making a joke at your spouse’s expense, give a sincere compliment.
22. Create traditions as a couple by budgeting



money for special times together.

23. Be affectionate. Back rubs and tender hand holding communicate love.

24. Choose your battles carefully.

25. Be a person of integrity. Give your spouse no reason to doubt your word or question your commitment.

26. Mail your spouse a postcard, note or letter for no special reason other than to tell them "Hi" and "I love you."

Jonathan Sherman is a Licensed Marriage & Family Therapist and Relationship Consultant specializing in creating "greatness in relationships." He is experienced in assisting people learn to improve their marriages, their parenting and themselves through skill development, life coaching, overcoming depression and anxiety, stress and anger management, and addiction recovery. He teaches extensively on a wide range of relationship topics. He is the founder of Bardos Relationship Consulting and The Relationship Wellness Series™. You may reach him at 801.787.8014, jonathan@bardos.net or at www.bardos.net.