

# The Ins And Outs Of Curing Long Term Relationship Boredom

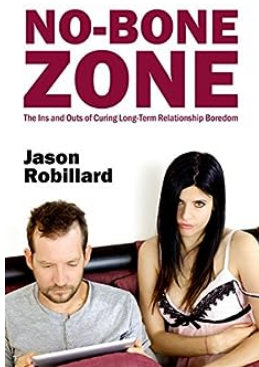


Long term relationships are beautiful, but they can sometimes fall into a monotonous routine. The initial spark that ignited fireworks tends to fade over time, leaving couples feeling bored and disconnected. However, the good news is that there are various practical strategies you can adopt to rekindle the excitement and passion in your long term relationship.

## 1. Spice Up Your Date Nights

Date nights are essential for maintaining the spark in a long term relationship. They provide an opportunity to break away from the routine and spend quality time together. Be creative and plan exciting activities like a surprise picnic, a

weekend getaway, or a fun cooking class. Trying new things together will help you create new memories and reignite the flames of passion.



## No-Bone Zone: The Ins and Outs of Curing Long-Term Relationship Boredom by Pia Mellody (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 150 pages
Lending	: Enabled



## 2. Communicate Openly and Honestly

One of the major causes of boredom in long term relationships is a lack of communication. Over time, couples may start assuming things about each other instead of openly expressing their wants, needs, and desires. Make it a habit to check in with each other regularly and have open, honest conversations. This will not only keep the relationship fresh but also strengthen the emotional bond between you.

## 3. Rediscover Shared Interests

Often, long term relationships suffer from a loss of shared interests. To overcome this, take some time to rediscover each other's passions. Whether it's trying out new hobbies or revisiting activities you both used to enjoy, this will give you opportunities to connect on a deeper level. Engaging in shared activities can bring back the excitement and inject a sense of adventure into your relationship.

#### **4. Surprise Each Other**

Surprises can instantly inject excitement and spontaneity into any relationship. Surprise your partner with small gestures like leaving sweet notes, planning surprise dates, or arranging a weekend getaway without revealing the destination. These surprises will not only tickle their curiosity but also remind them of the effort you are willing to put into keeping the relationship alive and exciting.

#### **5. Invest in Self-Development**

Individual growth plays a crucial role in revitalizing a long term relationship. Encourage each other to pursue personal interests and hobbies, support each other's dreams and aspirations. Growing as individuals will bring new experiences and stories to share, keeping the relationship fresh and vibrant. Remember, personal growth is not separate from the relationship; it adds value to it.

#### **6. Create a Bucket List Together**

Sit down together and create a bucket list of things you both want to experience in life. This can range from traveling to exotic destinations to learning new skills. Having a shared bucket list creates excitement and gives you goals to work towards as a couple. The anticipation of checking off items from the list will give you something to look forward to and keep the flame alive.

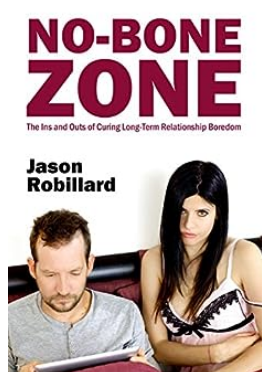
#### **7. Keep the Romance Alive**

In the hustle and bustle of daily life, romance often takes a backseat. Make a conscious effort to keep the romance alive in your long term relationship. Plan candlelit dinners, surprise your partner with their favorite flowers, or create a cozy

ambiance by playing soft music. It's the little gestures and acts of love that go a long way in keeping the passion alive.

Boredom in a long term relationship is not uncommon, but it doesn't have to be a permanent state. By incorporating these strategies into your relationship, you can reignite the spark and bring back the excitement that may have been lost.

Remember, it takes effort, communication, and a willingness to try new things to keep a long term relationship alive and thriving.



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So you and your significant other used to go at it like rabbits, but now your sex life has cooled off and you have entered the dreaded No-Bone Zone. How do you fix your mismatched sex drives and recapture some of that early magic?

As a sex and relationship blogger, this is one of the most common issues I have seen long-term couples encounter. Far too many couples struggled with this common issue, especially after children. Pop psychology, relationship counselors, and the self-help community typically offer advice that ultimately exasperates the problem. In other words, we're doing relationships wrong.

No-Bone Zone flushes that viewpoint down the toilet and explores our relationships and the issue of boredom from a different, unconventional, and sometimes controversial perspective. This new perspective allows us to create long-term solutions that can save our relationships. No-Bone Zone fuses emerging hard science with easy to understand language and outside-the-box thinking to produce an entirely new framework for making our relationships last.

## **NO-BONE ZONE**

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**Jason  
Robillard**



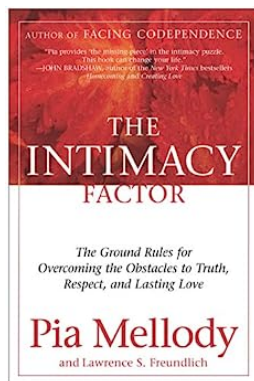
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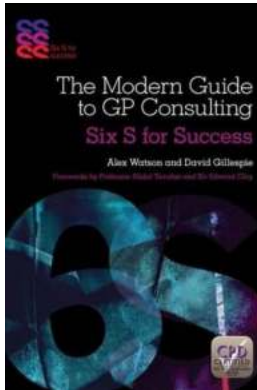
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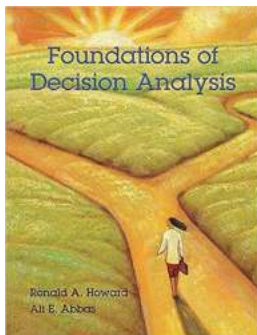
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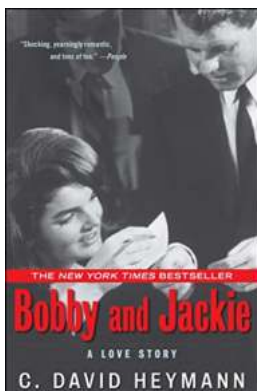
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