

The background features three large, overlapping orange circles of varying sizes, each with a lighter orange ring around its center. Two thin orange lines cross the page diagonally, one from the top-left to the bottom-right, and another from the top-right to the bottom-left, intersecting near the center.

# Unique Ways to Reconnect With Your Partner

**How to overcome the great divide**

While many popular sources will tell you to start dating again, this eBook takes it down to the nitty-gritty

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## Introduction



Feeling disconnected from your true love is such a sad and lonely place. You might feel resentment, anger or disappointment if you think your partner is the one that created the distance. All those feelings are perfectly normal to go through, but starting today, do your best to move on from those and let's see what we can do to get the two of you back into that close, loving place that you both long for.

The reason you can find so many articles about how to reconnect with your partner is that feeling of disconnection is so normal in long term relationships. Even the best relationships go through periods of time where there is a definite and sometimes painful distance. In fact for many couples, being able to cross the boundaries that divide them to get back together creates a more tight knit relationship than what they started with. When you are able to recognize the signs of disconnect, you can begin to work on doing what you need to do to get back into a better space.

While doing what you can as a couple to repair the distance, doing inner work is also called for and rarely discussed. The distance could be because of one, or both partners, bad habits that have gone unchecked, and failure to truly put each other first. Sure, we can all say that the relationship is first, but if you are disconnected, I would be willing to bet one or both of you have shifted the focus of your priorities and your partnership is suffering as collateral damage.

Don't be "that couple" that falls into the blame game with each other. Sure, there is a lot of pain when a union feels divided. People respond to that pain in different ways. Some of those ways are unhealthy and create a more distinct, even fatal separation. Healthy ways that refortify the relationship and improve the closeness you both hope to feel is the best for all concerned. You both have a choice in how you will each respond. Consider the following methods and give them a shot. Many couples have found great success with them.

## Reconnect with your partner by reconnecting with yourself

The first thing that needs reflection when you notice you feel distant from your significant other is how distant do you feel from yourself? If you are suffering from low self esteem due to situations such as job loss, aging or other life challenges, you could be feeling depressed. Depression is a form of spiritual bankruptcy and when you are depleted at that level, your loss of connection with your mate has nothing to do with them, even though



it may seem that it completely is their fault. Depression has a wicked way of distorting your thinking into victim mode and struggling with feelings of self-love does not allow you to fully see or experience love from another. These both need addressed before the relationship can be improved in any sustainable way.

The reality, as hard as it might be to face is that the distance in your relationship just might be all about how you are dealing with yourself. Your self-esteem, self-worth and self-love are an inside job. If you aren't doing what you need to do to provide healthy levels of those for yourself, it is impossible to contribute to healthy levels of those qualities in your relationship. Forgive your partner and put the attention back on yourself until you think you feel whole and connected on an inner level. For extra credit, let your partner know you are going to take some time to work on yourself so you can offer them something better. Then, do that work, whatever it takes. Come back to your partner with the offering of a whole you to add to a whole relationship.

## Set the Stage



As you are working on yourself, work on your immediate environment that you have control over. This is important because part of the unspoken agreement in every chosen relationship is the promise to enrich each other's lives. When you think about your first

stages of love, you will remember that not only did you love your partner, but you loved how you felt by being in love with your partner. Ask yourself these questions:

- What are you doing today to help your mate love how they feel being with you?
- Have you fallen into stale roles that need shaken up a bit?
- What are you doing to provide a comfortable space for your partner?
- Are you showing up for them in a way that leaves them feeling nurtured and valued?
- How do you go the extra mile, every day?

Let's face it, a relationship is like a garden and if you aren't watering it, fertilizing it and tending to it, it is going to grow weeds and wither away. On the other hand, if you give it love and nourishment it is going to bloom in full glory. Perhaps your partner has dropped the gardening gloves, and you feel rejected and have stopped doing your own part of tending the garden of your love. If that's the case, let me ask, how's that working for you?

## **What if it Really is Them?**

It can be incredibly difficult, even heart wrenching to show up for an absent partner. Those feelings of rejection and loneliness are real and need to be addressed, its how they are addressed that will make a difference in your relationship. This is where you need to get creative in your gardening efforts. View the inattention as if it were a weed and become assertive about how you are going to handle it.



Start by asking for what you need. If “Honey, I want to feel like you are there for me” isn't working, start to get more detailed. “Honey, would you please kiss me hello and good-bye like it's the last time you will have the opportunity to?” is clear and concise and chances are they will be more willing to do this because they know exactly what it looks like.

Using assertive requests to keep your garden of love weed free is a good place to start. Perhaps this will help your mate put their gloves back on and get down in the dirt with you again. In the meantime, do your best to keep the garden growing on your own efforts.

With all this gardening talk, a critical point to remember is that over watering will kill a plant and over pursuing your partner, especially if they are prone to distancing will start a dance you do not want to become a partner to. You can do your best to provide a welcoming environment for your significant other without forcing them through the garden gate. In fact, if your partner is the one distancing and they are given the chance to see you aren't chasing after them, they will eventually see the game is over and come back around on their own.

## Write Your Partner's Eulogy



This might sound maudlin, but bear with the idea for a moment. When you can immerse yourself in the vision of standing in front of family and friends at your mate's funeral, talking about everything good they brought to your life, who they were to you and how you wish you

could have more time with them it could snap you back into the reality of how much they really do mean to you. Many times a divide happens when you forget what your mate really is in your life.

When you are disconnected from your partner, you typically don't think of the temporary gift you have with them, but if you ask a widow or widower what they experience in the passing of their Life's partner, every one of them will tell you not to take what you have today for granted. While you may not be prone to fantasy, really take some time with this exercise and see how deep those feelings for your mate truly are.

If your partner is willing, ask them to write a eulogy for you. Even if they don't actually do it, it could be a good topic that will get the wheels in motion. How can you not think of how lost you would be without each other in the event of

death? Of course some people can't bear to go there, but give it the effort to go there as much as you can; it will be an eye opening experience.

## Clear Out the Cobwebs

That disconnect didn't happen overnight and chances are a series of events happened to start the breach even if you aren't aware of what it could be. While you are looking to fortify your own body, mind, spirit connection, tending to your mutual garden, and thinking about life if your partner was suddenly taken from you forever, start to see what you can spruce up. Here are some ideas:



**Replace Scorekeeping with Sacrifice and Caring.** When you are thinking more of your partner's happiness and less of your own you might find out that the key to your happiness is the appreciation of a well loved mate.

**Replace faultfinding with good finding.** If you have a list of your partner's faults, tear them up and start a list of what your significant other does that is right and good. Even if that list lives only in your head.

**Replace self-righteous or controlling behavior with humility.** Come on, this person dedicated their life to you, doesn't that leave you feeling somewhat humble? While that may bring on a feeling of uncomfortable vulnerability, go for it, it's better to get your heart broken with love pouring out of it than having it broken from love lost.

**Replace the attack dog with a love bunny.** Put a muzzle on unloving communication. If you feel ugly when you are arguing, you probably are. Look at arguments as explorations of how to get closer together, not pitting yourself against your one true love. This can be difficult if your partner falls into bad habits, but no one promised you that a relationship is easy.

**Replace passive aggressive attitudes with clear and concise messages.** If you are doing things to undermine our partner's belief in your love for them, this is a huge red flag to stop the shenanigans and figure out how to ask for what you want directly and kindly.

**Replace petty complaints with focusing on the core problem.** If you find yourself complaining to your spouse about things that normally are not a big deal, stop and think what is really bothering you and find a way to ask for what you want that will help overcome that issue. For extra credit, try to find out what you aren't doing for your partner that may help encourage them to want to do things better for you.

**Replace resentment with forgiveness.** Your mate is not perfect and neither are you. Drop the case, drop the charges and remember the love.

**Replace neediness with self-love.** Your partner's job is not to fill you up, that's your job. Their job is to add the icing on the cake. While asking for assurance from time to time is reasonable, expecting your significant other to fill the void for your own feelings of inadequacy is expecting the impossible.

**Replace the comfort level with effort.** Everyone reaches a comfort level in their relationship, but being too comfortable puts your relationship at risk of stagnation. Think about these points:

- How exciting are you to be around?
- Are you contributing a sense of stimulation for your partner?
- Do you pursue new and fun experiences with your partner without waiting for them to do it first?

Ask yourself how you can provide the level of companionship that will create sparks instead of yawns. Just like when you first started dating and wondered what to talk about, or the impression your partner would have from spending time with you, that still needs to happen.

**Replace giving up with renewed perseverance.** Many times you might feel like just giving up, the problems are the same and you're tired of them. This is precisely when you need to put in the extra effort because those problems exist for you to resolve. Stop waiting for your partner to do it and start to do it yourself. He or she is sure to catch up when they realize your sincere effort. It might take them a little time if they have been hurt consistently due to distance created on your behalf, but with perseverance, they will come around.

You might be having all sorts of feelings at this point. What if your partner is the one who became distant while you have watched on the sidelines feeling helpless to do anything about it? This is certainly natural. If you can talk with your partner about the distance without blaming, then the healing can start. Begin

by saying “I really want us to be closer”. The hardest thing to do in your relationship at time is to own it, especially when you really do feel like the problems are being caused by your partner. But you must!

## **Own Your Own Relationship**



You are accountable for your relationship. You are competent and you can make changes even if the only person who starts to change is you. When you change, your partner will have no other choice but to make adjustments. It boils down to letting go of the victim mentality and putting your relationship at the top rung of your ladder of important things in life. While you may not feel as if you should have to change, let go of the resentment and give it a try, you might be amazed.

## **Accept Your Partner**

The most dramatic chance you have to come back together is by accepting each other. If you can show your partner that you accept them for who they are then they will find you more approachable. This allows you to come towards each other instead of retreating to separate corners to nurse your pain. Call for random ten second hugs during the day if you are not sure how to show your partner that you accept them. Those hugs can create miracles, make them fully body contact and put your whole heart into it.

## **Focus on the Friendship**

If you have to, put the intimate side away for awhile and focus on what it was like before you were a couple. Long hours of conversation, spending as much time together as possible, affectionate touching without it leading to sex and flirting with each other can help start to put the magic back in your relationship. If that leads to sex, fine, but don't put sex ahead of the friendship. It is highly unlikely that the only reason you got together was for sex, it was just a delicious benefit to celebrate your union. Remember that and back off of sexual complaints until you feel like you are friends again.

## **Lift Your Partner Up**

In every single interaction with your mate, you have the choice to be uplifting or a downer, there really is no neutral. Promoting and protecting your significant

other's self esteem is something you can stay focused on no matter what the topic of your interactions are with each other.

### **Point the Fingers Back at Yourself**

What many couples are the most frustrated about with their partner are things they are also mad at themselves about. For example, if you are angry with your partner because he or she procrastinates about something you think they should take action on, think about what you are procrastinating about instead. This insight alone can significantly improve your level of forgiveness, tolerance and acceptance you are able to show your mate.

### **Go Ahead and Fight it Out**

When couples are divided one or both of them is probably biting their tongue for fear of "going there". This can be a serious threat to your union because you need to be able to communicate fully and completely with each other. This does not mean to sit there and point out every transgression your partner is guilty of in the past and present. It means be open and



honest with your mate about how you are feeling even if those feelings aren't going to be well accepted. Arguments should not be looked on as an indicator of a bad relationship, although bad arguing doesn't help. There are guidelines that should be used and if you aren't using them now put them somewhere that you will remember them and start to use them from now on.

### **Guidelines for Arguments**

- Be kind. No matter what you have to say, there is a way you can say it nicely.
- Never divert from the issue and attack the worth of your partner. This will corrode your relationship faster than salt on metal.
- Avoid seeking conflict with your mate as a relief from your own pent up stress, or just because you find conflict stimulating.
- Focus on the resolutions, not the problems
- Create a space for emotional closure at the end of an argument

## Set the World Behind You



Time and space needs to be created for the two of you to be nothing else but the two of you, alone together. What happens is we get so caught up in all the collections we share, that we forget to see each other as unique entities sharing those collections. Home, bills, if you have kids, pets, cars, yards, all those collections of “things” can really get in the way of the two of you coming together heart to heart.

This is a critical practice when you are going through stressful situations. What happens is one person wants to take a break from all the problems and when they don't include their mate; they leave them stuck alone with the mess. This is not how to protect your significant other from life's harder times. Instead, escape together even if it's only for a few hours a week. That time is very important to remember what you are to each other, away from the stress.

This is where you come full circle to all those articles that have told you to make dates together. Yes, it is important to date your partner no matter how many years you've been together. Bring your best self to those dates and make sure to do your part in making them happen.

## Happily Ever After

Happily ever after sets us all up for disappointment because no fairy tale ever went into detail about how happily ever after doesn't happen for a long, long, time. A relationship is dynamic, not static. People grow and change and a healthy relationship is a dance where couples flow in and out together through the tides. Some of these tides will bring smooth sailing and some will be rough waters to navigate through. These qualities can help get you through:

- Tolerance
- Nurturance
- Patience
- Acceptance
- Forgiveness
- Humor

As long as there is love, never give up. Every couple will have their own set of warning signs that will let them know a divide is upon them. Use the qualities and

skills in this eBook to build the bridges to reconnect. If you need additional help getting over serious problems that cause disconnections such as adultery or addictions, contact a professional. I've seen some of the most challenging situations tear couples apart and bring them back together for years of happiness, so nothing is impossible.

Make sure and check out some of the additional resources that will also help you in your relationship whether you are just getting together or have been together for years now.

## **Additional Resources**

### **Free eBooks**

[Mindful Loving](#)

[Rebuild and Deepen the Trust in Your Relationship](#)

### **Other eBooks**

[The Golden Key to Unlocking Your Soulmate Relationship](#)

### **Couple's Program**

[Total Couple's Conditioning Program](#)