

Four ways to put the magic back in your love life

If your relationship is limping through a midseason slump, it's time to shake things up. We'll tell you how to make sparks fly again!

By Heather Hudson

Do you ever wonder if you and your significant other have transformed from a couple in love into a pair of roommates? The truth is, no relationship can sustain those butterflies-in-the-stomach, can't-keep-your-hands-off-each-other, we've-got-to-be-together-all-the-time stage. But there's no reason those fluttery feelings need to disappear altogether when time has had its way with your relationship. Check out our inventive ways to put the magic back in your love life.

Make a ritual out of connecting with each other

Busy careers, family responsibilities, community involvement and topsy-turvy schedules are just a few of the culprits that can suck the spark out of relationships. We're sure we're not the only ones who drift off to sleep at night realizing that we've passed no more than a handful of words with our significant other that day.

But the secret to healthy, long-lasting relationships includes sustaining an unshakeable connection with the one we love. Offering your undivided attention to each other for just a few minutes every day will go a long way to reestablishing that bond that separates the two of you from the rest of the world. Set up a cozy spot to check in with each other every day. In front of a flickering fire, around the kitchen table over a cup of tea or even in bed at the end of a long day; anyplace works, just make sure it's part of the day's routine.

Turn your bedroom into an oasis

We love Oprah for a lot of reasons, but one of them is her indulgent approach to home decorating. "Your home should rise up to meet you," she tells us often. And while not all of us can afford a lavish bedroom complete with antique claw foot bathtub, we do take her point. The room we share with the one we love won't encourage intimacy if it features a bed tangled with sheets and cast off clothes strewn all over the floor.

If the rest of your house is designated for other purposes (or other people), it's especially important to create a bedroom oasis that feels like a special space shared by just the two of you. A great way to reconnect and sustain a new bond is to redecorate the room together in a way that reflects both of you. A fresh coat of paint, artwork, a new quilt and fluffy pillows will rejuvenate your room... and maybe even your relationship.

Find common ground

She loves book club and he lives for poker nights. He tinkers with the car in the garage every evening while she hunches over her laptop. It's an age-old question:

how do we make the love connection last when opposites attract? Though it's never easy, one simple answer is to find common ground.

If you want your relationship to be more than just friendly, it's important to spend time together. And if you can identify something you both enjoy, even better. Ideas include cooking together, [getting outside and doing something active](#) or even just relaxing together or finding a movie, television series or video game you can both appreciate. If there's nothing you can agree on, agree to disagree by regularly indulging – and participating – in each other's interests.

Start over

If the icy chill that has descended over your house can't be attributed to the wintry weather, it might be time to re-evaluate. Lots of couples run their relationships into ruts that don't satisfy anybody. Where do you go from there? Back in time, that's where.

We often try hardest at the beginning of a relationship, so bring that effort and need to please into your modern day love affair. Recreate your first few dates and get to know each other again. Nostalgia is at least something you can share and it's often eye-opening to walk through the past with a completely new perspective. Rent movies you watched for the first time together, pull out the clothes you used to wear, write each other emails or love letters. If it worked in the beginning, who's to say it won't work again?