



6 WAYS TO KEEP A LOVING CONNECTION TO YOUR PARTNER

Explore 6 HIDDEN CONNECTION SECRETS overlooked opportunities to connect with your partner.

Promoting a healthy relationship culture in our community!

www.ericandelaine.com

eric and elaine

AUTHORS | TRAINERS | SPEAKERS | COACHES



We are Eric and Elaine, a husband-and-wife coaching team, parents of six daughters, and married for 27 years. A city girl and country boy, from single-parent households, engaged 3 months after meeting, a near-fatal car accident, and an armed robbery during our engagement. We have a unique perspective because we overcame major setbacks, conflict, and loss to establish a nonprofit, author a book, and launch a relationship coaching business.

- We help successful **single** professionals conquer the dread of not finding “the one,” learn conscious dating and healthy relationship skills to discover their “worthy person” and experience the love they desire... and deserve!
- We help committed **married** professionals suffering from frustration and burnout to learn best practices for maintaining a robust, resilient relationship and to experience a renewed passion and lifetime love - NO MATTER WHAT!

Book or Connect with
eric and elaine **today!**
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- **THE BUTLERS**
We absolutely enjoyed and needed this course from e2. It help us realize we are on the same team. It has brought us so much closer and would highly recommend this course !



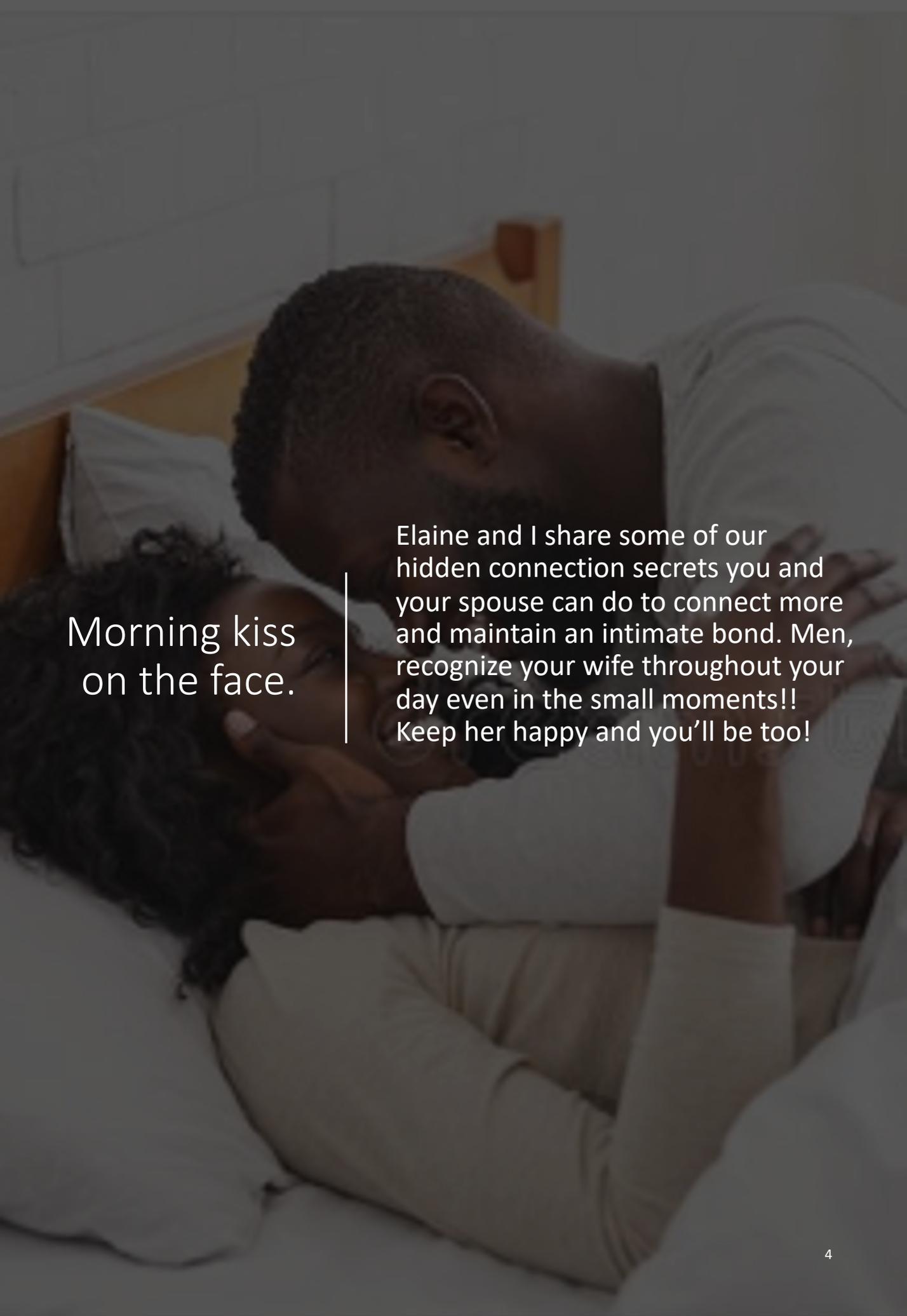
AS SEEN ON





We've got work issues, inflation, and climate change among other stressors, that can keep us distracted. Distracted so, that our intimate relationships can be neglected and placed on the backburner.

Amid the hustle and bustle of our lives, we can deploy these 6 connection opportunities to maintain our marriage, engaged, and dating relationships!

A photograph of a man with a beard and short hair kissing a woman with curly hair on the cheek. They are lying in bed, and the man is wearing a white shirt. The image is dimmed to allow text to be overlaid.

Morning kiss
on the face.

Elaine and I share some of our hidden connection secrets you and your spouse can do to connect more and maintain an intimate bond. Men, recognize your wife throughout your day even in the small moments!! Keep her happy and you'll be too!

Sharing a dream you dreamt.

"Research shows that about 15% of dreams are shared – mainly with romantic partners, friends and relatives. And if you don't currently share your dreams, you might want to start thinking about it, as research also suggests that it can help to improve relationship intimacy.*

Sharing your dreams and listening to other people's dreams can help to improve your empathy levels. When people share dreams with each other, the person discussing their dream significantly increases their empathy towards the person they are sharing the dream with.



Do a chore together.

DailyMail article says:

"Couples who do chores together are happier, fight less and have better sex lives, according to new research."

"Americans spend an average of 664 hours doing household work each year, and women spend about an hour more each day tidying up than men do."

- In the majority of relationships in the US, both partners work outside the home.
- The shift means both people have the same amount of time for chores.
- Fights over housework are the top cause of one quarter of divorces.
- A new study found that couples that share chores - especially the dishes - are more satisfied with their relationships and sex lives.

Share a simple home cooked meal together... just the two of you.

Cookist article says:

"Being happier as a couple is possible, just share a meal"

"According to this study, the relationship improves if we eat together, because it is a time to talk, discuss and appreciate food."

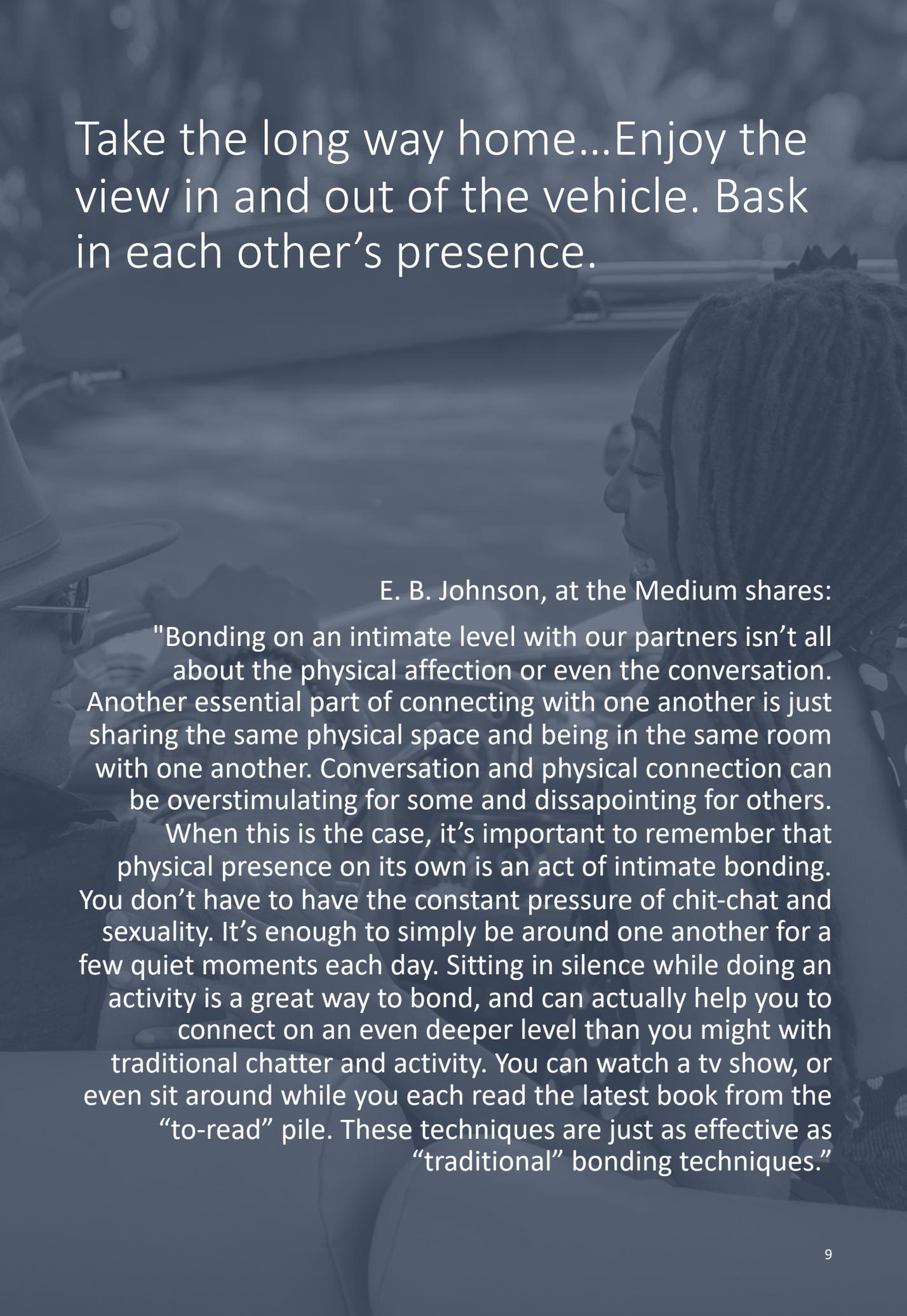
"Marriage is a bond that unites forever and to ensure that it lasts as long as possible, you must also share the simplest and most banal moments such as lunch and dinner. Often many daily activities that are important to the couple are overlooked thinking that the only fundamental part of the relationship is sex. In addition to sex, which is the basis of a couple's happiness, eating together is as good for relationship as making love."



Exercise together.

Here's a look at some of the potential benefits of getting sweaty with your partner. Here are 5 reasons to workout with your spouse.

1. Motivation and accountability
2. It brings fondness and satisfaction to your relationship
3. It increases your emotional bond
4. It establishes mutual core value regarding the importance of physical activity in your relationship



Take the long way home...Enjoy the view in and out of the vehicle. Bask in each other's presence.

E. B. Johnson, at the Medium shares:

"Bonding on an intimate level with our partners isn't all about the physical affection or even the conversation. Another essential part of connecting with one another is just sharing the same physical space and being in the same room with one another. Conversation and physical connection can be overstimulating for some and dissapointing for others. When this is the case, it's important to remember that physical presence on its own is an act of intimate bonding. You don't have to have the constant pressure of chit-chat and sexuality. It's enough to simply be around one another for a few quiet moments each day. Sitting in silence while doing an activity is a great way to bond, and can actually help you to connect on an even deeper level than you might with traditional chatter and activity. You can watch a tv show, or even sit around while you each read the latest book from the "to-read" pile. These techniques are just as effective as "traditional" bonding techniques."

References

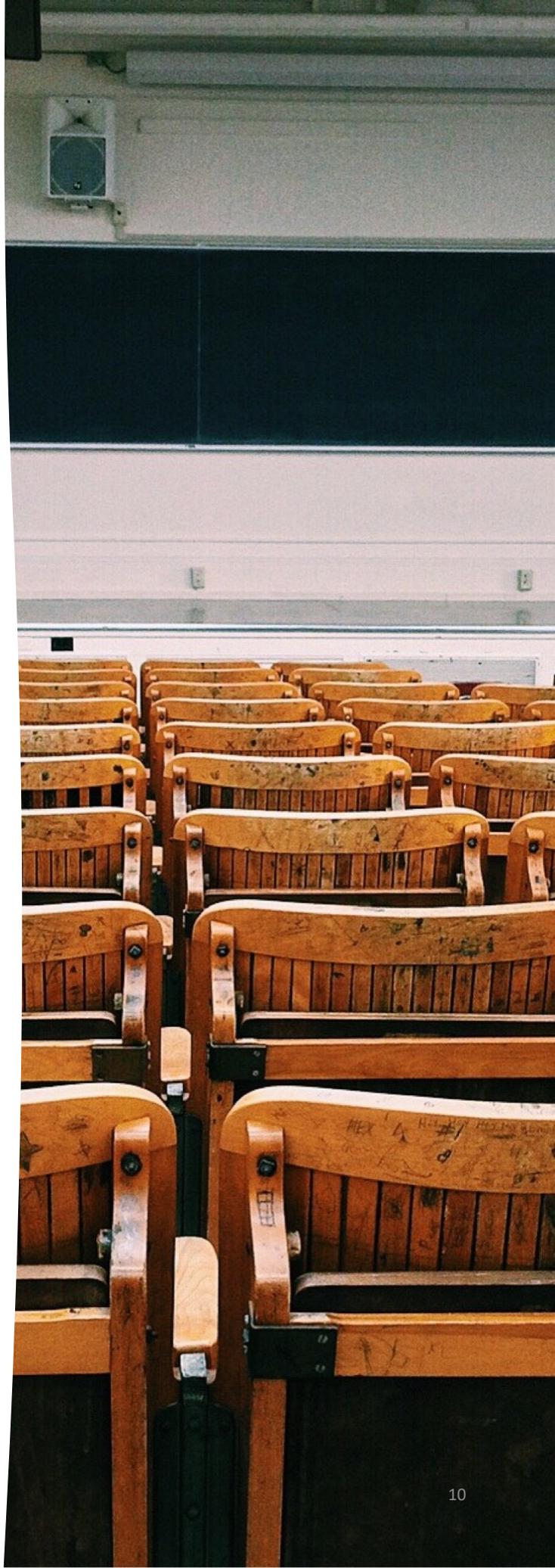
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