



Love & Relationship Quizzes, eBooks for Couples
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Quality Time

It is an uncertain world we live in, with values and morals downgrading by the day. There is so much distraction with electronic gadgetry that couples and family members are now not only competing for attention from each other, but attention itself has been replaced with instant 'fake self-esteem boosting' in the form of social media post and likes etcetera. And our addiction to electronics is not improving.

Turning Off Distractions

Ghita Therapy recommends that couples turn off their electronics between 6 and 8 pm so that families can reconnect, eat together, talk about their day and have quality face to face time that is so vital to connection. Interactions on phones, tablets and internet chatrooms are not considered 'quality time' by relationship specialists. Any interactions online have to be considered additional to proper human interactions, otherwise, our loved ones learn that we value electronic attention more than paying attention to them.

Date Nights

Date nights are vital for couples whether or not you have children. When date nights become part of your weekly ritual, you are scheduling time to build and repair your relationship and to keep it on track. Consequently, couples who come to couples therapy at the eleventh hour have often forgotten to schedule couple quality time in their daily lives. In fact, I am amazed at how often people think that counsellors can repair in one hour what has taken decades to dissolve. Relationships are work! Relationships take investment and effort 24 hours a day. In fact, if you are cruising in your relationship, the other partner is bound to be feeling resentful. Often, the last ones to know that a relationship is in trouble is the husband because of the difference in the communication styles of the sexes.

Quality time in the form of date nights, walks in nature, time without children, and spicing up your sex life can only strengthen intimacy and communication. If you think it is unromantic to schedule sex into your diary, you would be wrong. It is up to you (and a bit of planning), to figure out how an hour or two put aside for intimacy becomes exciting or intriguing. You can always have spontaneous fun when the opportunity presents itself. If you like your partner, you will make an effort. If you can't be bothered, then the question remains: Why are you not single?

The 5 Love Languages Quiz

Each person on Earth has a love language. This is all about how a person wants to be loved. Knowing our partner's top love language offers us a chance to score the most brownie points. The five love languages according to the author, Gary Chapman are: Acts of Service, Physical Touch, Words of Affirmation, Gifts and Quality Time.

It is important to know what your partner's (and your own) love language is, because it goes some way to increasing love and understanding. There is an online quiz to test out your love language. And you will be so glad you found it. For couples, check out the partnership quiz: <https://www.5lovelanguages.com/profile/couples/>

*Please note there is no affiliation with Gary Chapman. He is just one of the leading teachers in relationships today. Copyright: Ghita Andersen 2020