



# 7 WAYS

to know if your relationship is stuck in a rut

(AKA IT'S BORING AND YOU FEEL STUCK IN A PATTERN OF INTERACTING THAT IS NOT SATISFYING TO YOU, OR YOUR PARTNER)

➔ You no longer look forward to spending time together

➔ You do the same old things and it's not fun anymore

➔ Sexual intimacy feels like it is just sex

➔ You don't feel as much passion when you kiss one another as you once did

➔ You are not as interested in what they are saying - you've heard it all before

➔ Annoying interaction patterns exist without any effort to change



➔ You are more interested in socializing with others than with your partner



## WHAT YOU CAN DO ABOUT IT

FIRST KNOW THAT ONE PERSON CAN INITIATE CHANGES IN SMALL STEPS WITHOUT THEIR PARTNER BEING ON BOARD

- ♥ Take an honest look at yourself and how you've contributed in creating the rut.
- ♥ Have a heartfelt meaningful conversation about what you have been missing in your relationship without blaming your partner.
- ♥ Take a risk and change things up by initiating something different. (Get out of your routines, break the mold, and breaking relationship habits can be a good thing)
- ♥ Go on an adventure together, like a trip, take a class, a workshop, or even read a book together.
- ♥ Get curious about your partner and ask them something about their life or views that you do not understand.

## WHAT IF YOU COULD HAVE AN EXTRAORDINARY RELATIONSHIP?

