

Keep On Cuddling...

Back in the day, you and your mate probably spent a lot of time cuddling up together. There were long, lazy Sunday afternoons spent snuggling up together in bed. When the television was on and you were caught up in the thrill, drama or comedy, the two of you were cuddled up next to each other on the couch. Back then, you didn't feel silly if you sat on your lover's lap. You wouldn't think twice before you would lovingly lay your head on his lap and simply enjoy being close to him.

But when the kids, mortgage, car payment and promotions came along, suddenly things began to change. Sunday afternoons are spent rounding up the kids and reminding them that they've got school the next day, and homework to turn in. When the television is on, the program is more often than not set on Nickelodeon or ESPN. If you can even find room on the couch to sit, there's a toddler, a French fry or an action figure nudged up between you and your mate. You have a hard time sitting on his lap because you usually have someone in yours. And if you have the chance to lovingly lay your head in his lap, within moments you're soon snoring and drooling – oblivious to anything else that might be going on.

But those were the days, weren't they?

Despite what your common sense might say, the days of cuddling with your mate don't have to be written off with the fairy tale opening of "Once upon a time..." Just as the times have changed, if you want to recapture those peaceful moments you'll have to change your approach. Those tranquil, relaxing opportunities no longer simply show up. Now, you've got to aggressively set out to look for them.

The next time you stumble upon your mate surprisingly alone on the couch watching TV, don't hesitate or you might lose the opportunity. Slide up next to him on the sofa and give him a little cuddle. Let him know that he doesn't have to say anything, do anything, or change the channel - you just want to be close to him.

Start setting your alarm clock a little earlier each morning – even an extra ten or fifteen minutes is enough. Take the time between hitting the snooze button to snuggle up together and start the day off right!

Before bed, does your lover like to take a few moments to read magazines or books? Slide in bed next to them and play a little "footsies". Lay your head on your mate's shoulder or chest and simply listen to their heart beat.

If you're quick to scout out promising opportunities for a little cuddling, you'll do well. But you'll need speed, creativity and determination to make it happen. While Sunday afternoons spent lazily lounging in bed may be a thing of the past, the comfort and security of cuddling doesn't have to be!

A Special Note For Husbands...

If you've been sidestepping the act of cuddling in favor of more erotic encounters, you might be wasting a powerful aphrodisiac! While your mind might be a little more focused on the sexual side of things, your wife's is centered on emotional fulfillment. Cuddling may be the gateway to fulfilling your both. Snuggle, cuddle and nuzzle your wife, and she'll begin feeling loved, relaxed and admired. It helps her to get into the right frame of mind to enjoy a little sexier touching. Once you've done this, you've given her a smoother, easier transition from the everyday strains and worries of life to finding peace and fulfillment in your arms. Give it a shot and see what happens!

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

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