

SUMMER ROMANCE:

TURN TOWARD EACH OTHER

By Ashley Foster

One of the greatest predictors of your relationship's success is your ability to turn towards each other, constantly developing your bond by making an effort every day to reach out to your partner and accept their bids for emotional connection. Here are some great ideas for moments to share with your partner:



GO CAMPING

Even if it's just for one night, sleeping out under the stars with only the company of each other will remind you of what's most important – your relationship.



HAVE A PICNIC

Pack a couple sandwiches, a bottle of wine, and a blanket and head to the nearest park. Even if it's just around the corner from your house, the change of scenery will be a refreshing variation from your weekly routine.



GO FOR A WALK/HIKE

Whether it's a scenic weekend hike to a waterfall, a hilltop viewpoint or some other specific destination, or just an evening stroll through a favorite neighborhood, there's something about taking a walk together that is guaranteed to bring you closer.



GO TO AN OUTDOOR CONCERT

Great music sounds even better when you have the opportunity to hear it outside in the open air. Discover new music together, creating a lasting shared memory. Many parks, wineries, and even zoos now host outdoor concerts.



VISIT A FARMERS MARKET

In many places, the return of summer also means the return of the local farmers markets. Go early to get the best selection of local fruit, vegetables, and other produce. While you're there, sample local honey, preserves, and baked goods, and check out all the different crafts.

Whether you are out on a bike ride or attending a concert, make it a priority to turn towards each other's bids for emotional connection.