

# Dr. Wyatt Show Podcast

## 7 Secrets To Desire In A Long-Term Relationship

### Episode #253

#### 1-Heal resentments

Resentments clog your pipes. Water is love. For love to flow you must clear the pipes. What resentments do you have toward your partner?

#### 2-Avoid negative labels

It's normal to want to make sense of your partner's behavior. However, do you assume negative intent in their behavior and label or diagnose them? Stop doing that!

#### 3-Increase praise

Most partners feel unappreciated and desire more praise. How many times per week do you praise your partner?

#### 4-Increase complaints

Bottling up negative feelings is a recipe for resentments and conflicts. How often do you bottle up how you really feel? Learn my Bullseye Question and other tools in my Marriage Boot Camp to prevent this. [Learn more here.](#)

#### 5-Prioritize emotional closeness

Feeling like close friends with your partner is essential to maintain desire. That will only happen through regular quality time and sharing about your inner world. How often do you share your inner world?

**6-Have dates**

Dating made you fall in love in the beginning; therefore, dating is necessary to stay in love. How often do you have dates with your partner?

**7-Regular sexual contact**

Sexual contact helps couples feel more bonded and it motivates more affection, quality time, and closeness, which increases more sexual contact. How often do you have sexual contact with your partner?