



Boosting Limerence Chemicals

- Retell the story of your first date
- Visit the location of your first kiss or other memorable first
- Ban sex for ten days, but keep the affection hot
- Listen to your wedding song under the covers
- Ride a roller coaster, hike a steep mountain or go bungee jumping together
- Sky walk, parasail, sky dive or attend a zero gravity chamber
- Exercise intensely for 2 minutes
- Take a short cold shower
- Play an intense video game together
- Go shooting
- Play loud, boisterous music in the dark
- Break the rules together (e.g. snoop through a host's medicine cabinet)
- Spoon for 3 minutes to boost oxytocin; breathe in sync
- Stare into one another's eyes while holding hands for 60 seconds
- Go to a haunted house or take a haunted city walking tour
- Sit in the sun for two minutes
- Eat turkey (tryptophan)
- Admire others together
- Ban sex from the bed for one month
- Wear a blindfold on the way to your date night location
- Tell a story from your past that you've never shared
- Look at sex toys online together
- Read a sexy story together
- Shower together when you're in a rush
- Surprise one another with schedule changes
- Perform a public gesture declaring your love (e.g. flowers at the office)
- Look at old vacation photos together
- Arm wrestle
- Perform a mundane task naked or almost naked
- Talk about your daydreams (e.g. retirement)
- Switch bed sides
- Go skinny dipping
- Talk about controversial subjects
- Press your foreheads together and take eight slow, deep breaths
- Re-enact your entire first date
- Flirt with someone else *together*



60 Second Favours

- Serve coffee in bed
- Warm up their towel
- Peel and plate fruit
- Warm up their socks
- Pick up their favourite snack
- Leave chocolate on pillow
- Light candles
- Walk them to their car
- Leave a windshield love note
- Send ego-boosting texts
- Play music they love
- Clean their laptop
- Wake them with a kiss
- Turn down the bed
- Charge their phone
- Leave candy as a surprise
- Pour a glass of wine
- Pick up their dry cleaning
- Take their car for a wash
- Bring them the paper
- Rub their feet
- Warm up the car
- Pick up a book/magazine
- Tweet your love
- Let them pick the movie
- Hand rub
- Draw a bath
- "Steal" a chore
- Shine their shoes
- Make lunch
- Get their door
- Send a link
- Gas up the car
- Send a picture
- Warm up the bed
- Leave sticky love notes
- Offer a car ride
- Bring home dinner

Eroticizing Daily Interactions

- Hold hands, make eye contact and wish one another a great day every morning
- Send thoughtful texts twice per week
- Surprise your lover with hugs from behind
- Sleep naked
- Hold hands beneath the table
- Flirt and tease
- Kiss with tongue when you greet one another
- Get excited and “wag your tail” when you come together.
- Pick a secret “kiss” word
- Brush up against your partner’s inner thigh while driving
- Compliment your lover every single day
- Compliment your lover behind his/her back (to others)
- Stare at your lover’s best assets — especially when you’re annoyed
- STOP complaining about your body
- Tuck a love note in your lover’s bag, briefcase or car visor
- Leave a love note on the steamy mirror
- Ask questions about dreams and big picture topics
- Practice role rituals: a nightly ritual (e.g. playing a song, pouring a glass of wine, getting undressed) to signal that you’ve slipped into lover/partner role.
- Ban technology for one hour per week
- Play pranks on one another