

Dr. Sheri's  
**LOVE CPR**  
7 WAYS TO VACCINATE  
YOUR RELATIONSHIP

## Immunize Your Relationship Against the Threat of Cyber, Emotional and Physical INFIDELITY

- 1 **Stay alert for temptations and choose friends wisely.** Know your vulnerable, dangerous places and stay away from them. Do not 'friend' anyone that your partner would disapprove of. If someone poses ANY threat to your relationship, de-friend the person!
- 2 **Keep your personal life and relationship matters PERSONAL.** You can still grow a friendship without crossing the line of respect or privacy with your partner. If you need to talk about your emotional issues, talk to your partner, a friend who IS on the partnership side of the fence, or a professional.
- 3 **Don't even consider flirting.** That's how affairs start. You know the difference between innocent friendship and flirting. Put yourself in your partner's place. How would you feel if your partner was doing what you are doing? Flirting is a sign of attraction.
- 4 **Admit when you are attracted.** If you feel yourself drawn to someone else, admit this to yourself and to your partner, right away. This helps to avoid acting on it. Honesty keeps the relationship from becoming an affair because it's now out in the open up for viewing and owning.
- 5 **Remember CHEATING starts with CHATTING.** Especially in cyber space. Beware of the lure of the Internet. Emotional and cyber affairs develop quickly, in maybe a few hours, days or weeks online, where it might take months or years at the office.
- 6 **Talk in WE language.** Make WE a priority. Substitute single words in your vocabulary with partnership words. Single words are "mine, me, my, I". Partnership words are "our, we, us." Affairs happen when you remain uncoupled in your thoughts, feelings, and actions.
- 7 **Make sure your social network and friends support your monogamy.** Who are you hanging out with, how often, and where? Think twice about who you're regularly seeing for lunch or having drinks with after work. Drugs and alcohol lower your guard. Surround yourself with happily committed friends who don't believe in fooling around.



# the 3 A's

I'm often asked by couples, "What does it take to jump start our stagnated relationship and restore the romantic, passionate feelings that first brought us together?"

For well over a decade, my answer has been the same:  
**"Give each other the 3 A's."**

1. **ATTENTION:** Spending quality time together, communicating, sharing, building your friendship, and having fun.
2. **APPRECIATION:** Being generous with praise, gratitude and acknowledgement. Noticing and commenting on the good stuff - big and small - sharing your admiration often. Seeing each other anew with fresh eyes every day.
3. **AFFECTION:** Staying in contact. Embracing regularly. Kissing often. Giving comfort. Smiling frequently. Reaching over and touching each other whenever possible.



Let's face it, we all want to hear and know that we are loved. It's important to regularly speak and show your partner (in their love language) that you love them through your actions and your words.

**TIP: Put love notes in surprise places...on the bathroom mirror, in your partner's briefcase or in the book they're reading.**



Let your partner know OUT LOUD when you are thinking GOOD things about them. It's just being a little more generous with your praise, acknowledgement and gratitude. And it's so easy to do!

**TIP: Don't assume that they know. SAY IT, and say it in words and show it in your actions, such as hugging and loving and saying thank you.**



Studies have shown that affectionate touch actually boosts the body's levels of oxytocin, a hormone that influences bonding and attachment. It takes little time to open your arms to one another and has HUGE benefits.

**TIP: Giving lots of warm hugs to your partner is a great way to strengthen your ability to give and receive affection and love.**

Giving and receiving positive ATTENTION, APPRECIATION and AFFECTION fuels the fire of your romantic life and strengthens the core connection your relationship needs to thrive. Knowing that you are loved, valued, known, and accepted is fundamental to having a better life and better love. Daily exchanges of the 3 A's cultivate closeness, emotional safety, and more loving behavior that translates into having a great and fulfilling relationship.