

### Secrets For Healthy And Lasting Love

#### The 5 “Cs” to Breathe New Life Into Your Relationship After 50

by *Dr. Judy Kuriansky*

(NAPSA)—As you enter your “golden years,” lifestyles, roles, and priorities can change relationships, causing couples to feel stale or bored.



**Dr. Judy**

Rekindling lasting love is possible. Whether you’ve spent decades together or are starting anew, you can fulfill the fantasy of “growing old together.” Follow these 5 “Cs” for

healthy and lasting love:

#### **CONFIDENCE**

Confidence is crucial for feeling desirable. Build your confidence by being good to yourself. For years you have probably devoted your time and energy to others. Now do something for you. Surround yourself with people and things that make you happy.

#### **COMPATIBILITY**

When you were young and in love, you may have smoothed over differences and spent much time together. With life’s hectic pace you may have developed different interests, friends and priorities.

Now, as you grow older, how well you really get along becomes more obvious—and important. Decide to develop shared interests. Make new agreements and compromise.

#### **COMMUNICATION**

With age, communication

becomes increasingly important. The more transitions you experience in your body, career, children leaving home, loved ones getting ill or dying, the more you need to share feelings and decisions.

Avoid traps such as blaming, criticizing or nagging. Instead, give compliments and tell your mate what you like. Use “I” sentences instead of “you” sentences.

#### **COMMITMENT**

Relationships flourish if both partners want to be together. In the beginning, couples desire each other’s company, but over time they take each other for granted.

Rediscover your commitment to each other. Make your relationship a top priority.

#### **CHEMISTRY**

Remember that thrill when you first fell in love? Lust cools, but sexual attraction can be re-kindled.

Romance and seduction re-ignite that fire. Express your caring for each other with romance every day. See each other as new lovers. Try to impress each other. Get over embarrassment or fears about being sexy at this age.

Life and love will be more satisfying as you age. There may be bumps along the way, but instead of becoming depressed, consider being challenged. You can find the pleasure you want and deserve.

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