

With this Ring

Forrest Gump once said, “Life is like a box of chocolates.” Coach JeMe always says ‘Marriage is like a beautifully gift wrapped box, gorgeous on the outside, but can be empty on the inside. If you put nothing in you are guaranteed to get nothing out!’

KECIA BRAGGS

When I married my husband I was so in love, and now after five years of marriage the “in-love” feeling is simply gone. Is this normal?

Whether you’ve been married for five years or thirty-five years that “in-love” feeling floats in and out like a ship at sea, and sometimes it even sinks like the Titanic! Sometimes the sizzle temporarily hides itself behind our careers, the children, or the daily issues at hand. The difference between your “in-love” feelings and the Titanic is that you can rescue your love — at least in most cases! From time to time, just like the ocean we may experience a tidal wave of “in-love” euphoria, and then all of a sudden that head-spinning, you take my breath away feeling will voyage out to sea. This is perfectly normal. It passes, and has nothing to do with true love. So don’t throw in the towel, or set your sail in search of someone else! When the passion isn’t raging refrain from jumping overboard — throw out the life raft of love by doing what it takes to make love new... all over again. True and lasting love simply gets better with time... and that’s anchored in truth!

After I said “I do” the romance disappeared in my marriage. What can I do to bring the romance back?

For me romance comes easy, but for others it may be as difficult as trying to solve the Rubik Cube. As adults, we tend to limit our playgrounds to a game of tennis, and baking cookies, but who said this was the

final score? Our minds and hearts possess all that is needed to keep the oven warm in our marriages. What is your imagination whispering? If it is sane, implement. The sizzle doesn’t keep sizzling if you keep those ideas locked inside your beautiful brain — so let them out! You might be surprised at the response you receive from your beloved. Remember whatever you put into your marriage, or anything for that matter, will be what you get out of it. In other words, no deposit, no return!

I believe I have met the love of my life, but how do I really know if he is the one?

Unfortunately, no one ever really knows the answer to this question. Only time will tell. We never truly know what is going to be wrapped inside those gorgeous male packages. We can only hope and pray that our instincts are leading us correctly. Answer this, are you comfortable when in his presence, about the way he treats you, handles situations? Does your heart skip every other beat? Well then you might be on to something truly outstanding. However, if you are continuously nervous, nauseated, and sick to your stomach after dealing with him this might be an indicator that “HE IS NOT THE ONE!” With this being said, always trust your gut. I repeat, always trust your gut! If all of the bells and whistles are ringing and they don’t sound like wedding bells then run for the border...the Cabo San Lucas border that is! **wtm**

Kecia Braggs, MA, CEG

(Coach JeMe) is a personal empowerment and business development coach who believes that if you want to make a difference, then you must first be the difference.

Her passion is motivating and inspiring others to achieve and maximize their potential.

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Tips for keeping the “sizz” in the sizzle:

- Reminisce about your beginnings. Recall what compelled you to say “I do”, breathe life into those memories and then repeat!
- Recreate scenes from romantic movies and romance novels.
- Listen to the whispers of your brilliant mind and heart and then execute!
- Try to make sure you are that your appearance is pleasing to him in the morning before he leaves, and when he returns home from a day at the office; men love to gaze upon beauty.
- Caress his back — the power of touch is amazing!
- Work on becoming or maintaining that sexiness! When we feel sexy we exude confidence. Confidence alone is capable of lighting every candle and match in the house!
- Ask him to share his ideal romantic fantasy...and then get busy making it happen.
- Email Coach JeMe for few romantic ideas...satisfaction guaranteed!