

# FLIRT:

BEHAVE AS THOUGH ATTRACTED TO  
OR TRYING TO ATTRACT SOMEONE



We don't often think about flirting with our spouse; but it is a great way to remain connected and build intimacy in our relationship. Flirting came natural for most of us when we were attracted to our spouse before marriage and we wanted to get their attention. Before we married, Carmen and I worked together and one day I went to her office on some business and when I left, I backed out of her office without ever taking my eyes off of her. Do you remember those days, when you couldn't take your eyes off or him or her? We marry, get sucked into the busyness of life and too often forget that this is the person we most love on the planet!

While it is entirely inappropriate to flirt with *anyone* else, it is not only appropriate, but beneficial to flirt with your spouse. Behaving as though you are attracted to your spouse should be a regular part of daily life! Leave notes, send texts, whisper sweet things into his or her ear - *be playful*; there so many ways to show your spouse that you are attracted to them and that you love them. A touch, a squeeze, bumping into your spouse or grabbing them for hug as you pass by all will show that you are thinking of them.

You must be intentional! Trying to attract someone - namely your wife or your husband, requires intentionality. It doesn't just happen. Give it some thought - seek more information through the articles below or through our website - You *can* have fun connecting with your spouse in little ways that will grow your intimacy and build a stronger marriage.

## Helpful Resources:

*Fortified Marriages Resource page: [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com) - The Fortified Marriages Manual & Workbook is a great resource to discover ways to demonstrate your love for your spouse.*

## Articles to check out:

*Flirt Your Way to a Better Marriage* by Lisa Jacobson - [www.focusonthefamily.com](http://www.focusonthefamily.com)

*15 Ways to Romantically Flirt With Your Spouse* by Owen Kessler - [www.marriage.com](http://www.marriage.com)