

# **Reignite MyRomance: How to Retune Your Relationship and Rewire Your Brain for Lasting Love**

*A Fast-Track, Brain-Based Guide to Rekindling Connection*



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## **A — Awareness: Is Your Relationship Out of Tune?**

Even the best relationships drift out of tune—just like a guitar. But it's not just your heart that's affected—it's **your brain**.

Your brain constantly rewires itself based on your daily experiences—a process called **neuroplasticity**. If your relationship is filled with stress, distance, or unresolved hurt, your brain starts to associate your partner with tension—not love or safety.



### How to know your brain—and your relationship—are out of tune:

- ✓ Conversations feel strained or shallow
- ✓ Intimacy feels distant or forced
- ✓ You operate more like roommates than lovers
- ✓ Emotional walls feel higher every day

The good news? You can **retune your relationship and retrain your brain**—just like tuning a guitar for beautiful music.

*Your brain wires itself based on repeated emotional experiences. What you focus on grows.*

## B – Behaviors: The Love Chords That Rewire Your Brain

A guitarist doesn't hope for music—they intentionally train their fingers to form the right chords. In love, the right **behaviors** retrain your brain for connection and closeness.

Here's how these “relationship chords” change your brain:

### 🎵 **Daily TouchPoints – Small Moments, Big Rewiring**

Tiny daily acts of love—affection, appreciation, kindness—release:

- ✓ **Oxytocin** (bonding hormone)
- ✓ **Dopamine** (pleasure & motivation)

✓ Lower **cortisol** (stress relief)

These micro-moments literally retrain your brain to associate your partner with safety and love.

### 🎵 **Shared Experiences – The Melody of Your Bond**

Planned quality time and new experiences trigger:

✓ **Dopamine** (excitement & reward)

✓ **Endorphins** (joy)

✓ **Vasopressin** (long-term bonding)

This builds positive memories your brain links to your relationship.

### 🎵 **Emotional Safety Rituals – Calming the Brain's Alarm System**

Simple, consistent habits—check-ins, bedtime routines, non-sexual touch—calm the **amygdala**, your brain's fear center. Your brain starts to expect closeness, not conflict.

*“Neurons that fire together, wire together.” Consistent love behaviors form lasting emotional bonds.*

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## **C – Consistency: Making Love Your Brain’s Default Setting**

Great guitarists build muscle memory through repetition.  
*Your brain builds love the same way—through consistency.*



Every time you repeat these positive behaviors, your brain strengthens the pathways for connection. Over time:

- ✓ Old patterns of stress and distance weaken
- ✓ Connection feels natural again
- ✓ You don't have to "try" so hard—love flows

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**🎵 Ready to Retune Your Relationship and Rewire Your Brain for Lasting Love?**



Understanding the ABC's is just the beginning. To make these powerful tools work for *your* marriage, you need practical steps, daily guidance, and real-life strategies.

## 👉 **Enroll in the Reignite MyRomance Kickstart Training to Learn How to Apply These ABC's in Your Marriage:**

- ✓ Step-by-step guidance on rewiring your relationship
- ✓ Real tools to calm conflict and rebuild connection
- ✓ Science-based strategies to restore intimacy and trust
- ✓ A clear, proven path to rekindling love that lasts

🌟 **Click below to start transforming your relationship today:**

🌟 **Ready to Make This Work for Your Marriage?**

Learn how to apply the ABC's of brain-based romance in your daily life.

👉 [Enroll in the Reignite MyRomance Kickstart Training](#)

**It's not luck—it's your brain, finally working for your marriage.**

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