

Long Distance Relationship Tips

Contributed by Leslie Karsner

Whether you're leaving on a jet plane or your lover's taking that midnight train to Georgia, there are lots of ways to bridge the distance. Staying connected, while miles apart, is easier than you think.

Long distance romances can work; they just need a little extra effort and some planning. The most successful Long Distance Relationships have a plan to manage the distance.

What many people don't realize is there are many benefits to being in a long distance romance. When you understand how fortunate you are to have someone at the other end, willing to go the distance, you won't waste another minute pining away for your lover.

No one chooses to be in a long distance relationship, often times they choose you. I have yet to meet anyone who set out to purposely find someone living hundreds of miles away, but you might meet someone while on vacation or traveling for business. And when cupid's arrow hits, there's no turning around.

So here are the facts: Ever since the times of the first wars, hunting expeditions and pilgrimages, circumstances have landed people in Long Distance Romances. In today's fast-paced, increasingly mobilized world, people are increasingly finding themselves in long distance relationships. One in three American jobs involves some sort of travel. And according to recent census figures, about 2.4 million marriages actually involve one spouse living in another city.

Let's get you busy fueling the flames in your romance.

If you think of the time apart from your lover as extended foreplay, the eventual connection can be pretty dynamic! People call it the "Honeymoon Effect," and it's a way long distance relationships can keep the passion level high over time.

So, while it may be simple to lament and bemoan the situation, the reality of long distance relationships is that they are actually beneficial. This is a surprise to most people, but there are advantages in LDRs (long-distance relationships) that many people in NDRs (near-distance relationships) will never experience.

Many long distance couples realized, often in hindsight, that after they were reunited with their lovers, the distance factor had actually brought with it considerable benefits. That's why it's even been proposed over the years that a period of separation be required for a marriage license.

Living your lives apart doesn't mean your life is missing anything. And it doesn't mean that you live in your relationships in stops (time apart) and starts (time together). Just as lovers who are present can seem absent, those who are absent can be made to seem present.

The first inherent benefit of a long distance relationship is that it allows you and your lover to appreciate one another and experience higher highs. If you spend time apart, you'll naturally relish the time once you're back together - especially if it's only for a short time.

A big advantage of a long distance relationship is that it forces you to have a life of your own. Why spend your time at home pining and wasting away? Your lover did not fall in love with a homebody. Use this time apart to enrich yourself, as well as your relationship. By actively pursuing your own interests and learning more about yourself, you will find yourself bringing more into the relationship, leading to a richer understanding of both yourself, and subsequently, your lover.

When you're not sitting around by the phone waiting to hear from your lover, you should get up and make things happen for yourself. Rather than keeping activities on hold pending on your lover's interest and availability, you go out and do things for yourself.

Have a full, satisfying life when you're apart. Don't just keep busy-really accomplish things that matter to you. Especially consider getting involved in activities or charities which your lover wouldn't care to join in on anyway. If you're a more complete person when solo, it can only improve your romance together. This can lead to greater individual success and happiness which can only make you a better catch for your lover.

Here's to heightening romance in your long distance relationship!

Romance Expert and best-selling author, Leslie Karsner has been coaching people about love and romance all of her life. Her career as a Romance Coach actually began over ten years ago when, as an Executive Coach, her clients increasingly focused on issues like dating, relationships and romantic matters. To hear more from Romance Expert, Leslie Karsner, visit GoRomance.com