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### **A Valentine’s Day Survival Guide**

Valentine’s Day gives us permission to celebrate love and affection. It’s a perfect day to have fun, rekindle passion, be playful, explore a new relationship, or just appreciate the important people in our lives. It can sometimes be stressful trying to figure out what to do on Valentine’s Day. Here are a few Love Doctor Do’s and Don’ts to spice up YOUR Valentine’s Day.

#### **First date:**

- **Don’t** go to a scary movie or ride a roller coaster. Activities that produce fear or excitement stimulate sexual arousal -- and you may find yourself getting intimate too fast! Take it slow and steady and don’t push things ahead merely because it is Valentine’s Day.
- **Do** find an activity that involves talking. Plan an activity where you can actually ask some questions and get to know your date. Don’t talk about yourself to excess. Remember that this is a give and take. Strolling through a museum or eating at a secluded quiet restaurant sends a healthy, positive subliminal message.

#### **Blossoming love:**

- **Don’t** talk about the future, kids, and marriage. Instead, drink in the excitement and happiness you feel with your new love, and share those feelings with him/her. Give a card or poem where you write something in your own words. It’s so much more sincere in your own words from your heart.
- **Do** take a strenuous hike, work out together, or go dancing. Exercise produces pleasure chemicals that will make both of you feel amorous. Plan a romantic dinner at home. If you pick the right activity, your Valentine’s Day will be set apart from the usual dinner-and-drink dates you have had in the past.

#### **Good Friends/Family:**

- **Don’t** despair, if that someone special is not in your life this year. Rejoice and appreciate the other important people who make you happy. Send heartfelt thoughts and expressions their way. Greeting cards or email messages are an excellent choice to show you care.
- **Do** remember that Valentine’s Day is a day of love. Love can come your way from good friends and family. Stay upbeat and positive because you just never know when Cupid will strike.

Visit The Love Doctor at: [www.drterrihelovedoctor.com](http://www.drterrihelovedoctor.com)