



Do you believe
in love?

Find Your Soul Mate—Again

There he is, sitting right beside you!

When you first fell madly in love, the two of you *clicked*. Fast-forward to this morning. Where was the bliss, as you stumbled toward the coffee pot, wondering whose turn it was to take out the trash, unload the dishwasher, refill the dog's bowl?

If the intervening years—or decades—have eroded that exhilarating soul connection, take heart. The two of

you may seem as different and distant as Princess Grace and Ralph Kramden, but you can still rekindle deep closeness. Intriguing new research suggests that simply *believing* your partner is your soul mate can make you both feel closer and happier.

When researchers at the State University of New York in Buffalo surveyed 191 couples, those who *believed* they

ON COMMON GROUND

Reignite your soul-mate connection by focusing on qualities in your partner that you still love and share, says Claudia Arp, a marriage educator in Knoxville, TN.

LISTENING. Chances are, you can still talk to him about anything. He holds you when you cry and listens when you're upset.

KINDNESS. He encourages you. He tells you you're a wonderful wife and mother. He brings you gifts. He runs errands. He pitches in.

LOYALTY. He's committed to your marriage (even if he doesn't like the sofa you picked out). He values your relationship.

FORGIVENESS. He doesn't keep score. And he's quick to forgive you when you blow it.

shared the same personality traits, values, and day-to-day feelings with their mates felt more understood and satisfied than those who didn't have those perceptions. **They were happier—even if the similarities they saw didn't really exist, and even if just one partner held these beliefs** (*Jour. of Personality and Social Psychology*, Apr 2002).

BY JUDITH SPRINGER RIDDLE