

# Why Getting Out of Town Might Save Your Relationship

By [NoGamesLove](#) | [Love + Sex](#) – Tue, Apr 15, 2014 4:28 PM EDT

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Paradise Point Hotel

Feeling disconnected in a relationship?

Being triggered? Are old issues and past experiences throwing you into a spiral of insecurity, anger, or just ick?

Feel your defensive thorns coming up and you don't know why?

## **Get out of town.**

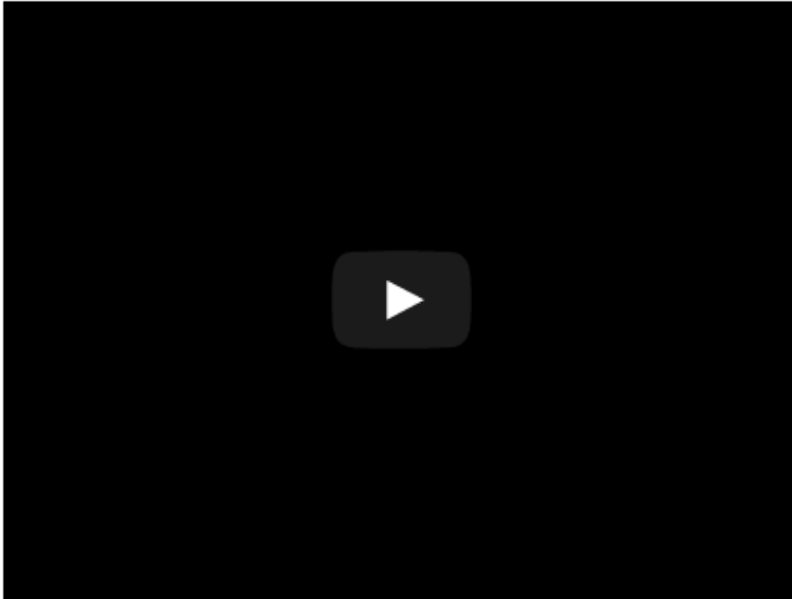
Removing yourself from your normal environment allows you to change your perspective. Traveling is also often an opportunity to try new things, let it all hang out,

shed the every day stress and get down to your core.

**The key to a successful trip: Communication.** What are your expectations? Do you have similar or different activities that you want to experience?

**Communication starts with setting an intention.** Before you go, set an intention for the trip-together. A few intentions to talk about: reconnecting, exploring each other, communicating, letting your guard down, having fun again, or simply relaxing together.

**Celebrate each other.** Celebrate your relationship- whether it's a new relationship and you're celebrating the possibility, or a new relationship and you are celebrating your intense deep connection.



**Relax together.** When you're on the trip, get a couples massage. Ask the concierge to set up a romantic dinner. If you have access to a fire pit, bring a smores kit and enjoy the simple things again like fire, chocolate, a glass of wine and great conversation!

**Get your adrenaline pumping!** Go kayaking, hiking, paragliding. You want to sweat together. You want to get out of your box together.



The Silk Tree

Where should you go? Somewhere close enough that you can drive. But far enough that you truly feel like you're away from "it all." One of my go-to's where I send clients who are in dire need of connecting and getting in the romantic swing of things- **Paradise Point** in San Diego. Exit the freeway onto Vacation Road. Arrive at Paradise Point. You can't get much more idyllic than that. Until you arrive at your casita on the sand and suddenly you can't help but relax.

More than a great couples getaway, it's the perfect place for rekindling romance, dropping the guard, and addressing what has been triggering you. Why? The property is dotted with the Silk Tree, a massive tree that is covered in thorns but it's the beautiful flowers that are treasured. You have to get past the thorns in order to experience the flowers...

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**Just remember, if you put effort into it and you communicate, what doesn't break you, brings you closer.**

xx Laurel



Laurel House

**Laurel House** is an international **Dating Coach** and Flirting Expert, MTV's MADE "It Girl" Mentor, 4x published Lifestyle Author, and a go-to Expert on E! News. She recently completed her 5th book "Screwing The Rules: The No-Games Guide to Love," which will be released in December 2014 with Running Press.

With over 12 million views on YouTube, Laurel has created a platform to deliver dating and healthy lifestyle tips to the masses. Her dating tips appear on CupidsPulse.com, YourTango.com, SheKnows, DigitalRomance.com, FabFitFun.com, and a lot more. Because of her edgy, honest, and wide-ranging advice, she is often referred to as the modern-day Ann Landers (and sometimes the writer version of Taylor Swift).