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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**Relationship-Making**

**By Rinatta Paries**

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Do you know how to establish a new relationship to guarantee that it will meet all of your and your partner's relationship needs?

Most people don't know how to do this. As a result, most relationships go through a predictable cycle:

- => Honeymoon: 1 week to 3 months
- => Struggle: Up to 3 years or more
- => Negotiation and peace or breakup

To avoid this cycle and establish a nourishing relationship for both of you, you and your partner need to have a deep, extended conversation. It may span many discussions, perhaps over weeks or even a month. The right time to initiate this conversation is when it's clear to both of you there is mutual interest and both of you are ready to go further. However, it is never too late to have this conversation, even if you have been together for years.

Cover the following topics in this conversation:

- \* What you expect from each other, or from a "relationship partner," on the emotional, mental and everyday levels.
- \* What actions, words and feelings each of you needs from the other, or from a "relationship partner," in order for both of you to thrive.
- \* What you and your partner refuse to tolerate in a relationship and from a "relationship partner."

While having this conversation, it is important that you both listen to each other intently, frequently paraphrasing what the other person is saying.

## Relationship-Making

You want to make sure there is mutual understanding. You both will want to reflect on what is being said by sharing your thoughts and feelings. However, under no circumstances do you want to react to each other or make each other wrong for what is being said. Remember that each of you has a right to your own view of what is needed and desired in a relationship.

If in the end you both decide you have enough in common to pursue the relationship further, you will need to negotiate how the relationship is actually conducted. You will need to agree, disagree or negotiate to uphold the verbalized parameters in your relationship.

I know this probably sounds very unromantic, almost artificial. But believe me, this is how the best relationships are created.

The two of you are much better off entering a relationship with your eyes open, knowing what is expected of you, what you can expect in return, what you can count on from your relationship.

This extended conversation allows for the absence of power struggle. It fosters harmony and ease of being together. It will give the two of you the rare opportunity to establish deep intimacy.

Your Relationship Coach,  
Rinatta Paries  
[www.WhatItTakes.com](http://www.WhatItTakes.com)

(c) Rinatta Paries, 1998–2002. Do you know how to attract your ideal mate? Do you know how to build a fulfilling relationship, or how to reinvent yours to meet your needs? Relationship Coach Rinatta Paries can teach you the skills and techniques to attract and sustain long-term, healthy partnerships. Visit [www.WhatItTakes.com](http://www.WhatItTakes.com) where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

With nearly a decade of relationship coaching experience, Master Certified Coach Rinatta Paries works with singles to help them attract their ideal relationship, and helps couples create more love and fulfillment in their existing relationships. Visit her web site at [www.WhatItTakes.com](http://www.WhatItTakes.com) or e-mail her at [coach@WhatItTakes.com](mailto:coach@WhatItTakes.com).

### **Getting The Most From A Romantic Relationship**

**By Alan Detwiler**

#### **Getting The Most From A Romantic Relationship by Alan Detwiler**

Romantic relationships happen because of the hopes and dreams a couple has for a happy life together. The relationship will continue to be pleasant and rewarding as long as the hopes and dreams are kept alive by staying concerned with what is good about the relationship.

## Relationship–Making

This article suggests ways for staying aware of what makes your romantic relationship worthwhile.

### Don't Expect Too Much --

Don't expect a perfect relationship. That happens only in fairy tales. If you expect everything to be wonderful, it makes your relationship less valuable by comparison. Problems will occur. You will get hurt. Being too concerned with the problems will stop you from paying attention to what is good in the relationship.

Romance and love will more likely happen if you allow them to happen instead of making them a goal. If love is the goal, you will compare how the relationship is now to what you think it should be. You will be continually disappointed. Making the relationship better should be the goal. Pay attention to treating each other fairly and helping each other. If love happens, it will be based on believing that both of you can continue to build a good relationship.

Your attitude should signal the other person that you will try to patiently work through each other's shortcomings. It won't be easy. Being tolerant and non–condemning is a challenge. But consciously making an effort to be tolerant goes a long way.

### Build Upon What Is Good --

Find activities that you both like and do them together. These can be activities such as gardening, cooking, hobbies, conversation, recreation, an interest in art, charity volunteering, and family activities. Having interests that are shared, keeps a couple involved in each other's lives.

Share ideas to find ways to more enjoy living. Tell your sweetheart about strategies you use for such things as achieving goals and enjoying yourself. Tell each other about what you think is interesting, what is worthwhile, and what is encouraging. If you share positive ideas, you will think of each other as pleasant and enjoyable.

Encourage your partner to act and make decisions. Both of you will be able to accomplish more with the other's support and encouragement. When there is a disagreement, be patient. If you need to criticize, offer a positive alternative rather than a condemnation. Your encouragement likely will produce more good results than will your objections.

The good things in life are much more important than the disappointments. Reward yourself for the good in what you are doing and take some time to do what you enjoy.

Alan Detwiler is the author of the ebook *Date Ideas: Fun Things To Do For Couples* available at

. He has a web site with a section about fun things to do for couples at

.



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