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Simple Secrets For Making Your Partner Feel Loved

By Judith A. Swack, Ph.D

Sally and Frank came to me with the complaint, "he/she doesn't love me." When I asked Sally what

Frank could do to make her feel loved, she said, "He needs to tell me I'm beautiful." Further exploration revealed that she needed to hear this once a day. Although we tested other adjectives like gorgeous, fantastic, pretty, cute, adorable, fabulous, wonderful, terrific... no other adjective gave her the feeling of being loved. Frank agreed to do this one simple thing. In contrast, Frank needed someone to pet his head (anywhere on his head) about once a week to feel loved. Sally agreed to do this. Within a week they were both feeling loved.

Each of us assumes that everyone else's reality is the same as ours, so we interact with others from our own personal frame of reference. In Frank and Sally's case, differences in their internal definitions of the word "love" resulted not only in feelings of neglect but caused several arguments. Sally and Frank were late for a party. Feeling stressed, Frank drove recklessly making Sally nervous. In order to calm him down, she said, "don't worry about the party; you look really handsome tonight." This, of course, did nothing for Frank. Recognizing that Sally was upset, Frank reached over and stroked her head... messing up Sally's hair and leading to an argument.

Janet came complaining about Paul, "He doesn't love me, he just keeps giving me all this jewelry." Janet displayed 3 nested rings of alternating diamond/ruby, diamond/emerald, and diamond/sapphire. I jokingly offered to take them off her hands. When asked what Paul could do to make her feel loved, she replied, "he could tell me he loves me." Further exploration revealed that she needed to hear this once a day. Paul agreed to do this. Two weeks later, they were in love. He later confided that he said it several times a day, particularly when she was acting crabby.

Not surprisingly, Janet was a therapist who made a living listening to other people. She preferred to process information auditorily. Paul was a chiropractor who made a living looking closely at people's bodies. He preferred to process information visually. Understanding each other's preferred way of functioning significantly improved the relationship.

In the field of Neuro-linguistic Programming a person's internal definition of a concept is called a complex equivalent and is unique to each individual. What feels, looks, smells, sounds, and tastes like

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love is represented differently for everybody. Red roses and chocolate may not be it. In order to really understand and connect with your partner, you need to ask for their definition of important concepts and values in addition to love such as, security, success, happiness, family, home, etc. It may surprise you how easily you can accommodate someone and make him/her happy once you know exactly what he/she wants.

Joe and Cecilia have been married for 25 years and have a lovely, close, intimate relationship. Joe is British and Cecilia is American, so they had to translate cultural as well as individual differences. When Cecilia got excited about something, she gestured with her arms and spoke in a louder, higher pitched, more animated voice. Joe never seemed to get excited about anything. When Cecilia finally asked Joe to demonstrate excitement, he raised his eyebrows once. For their 4 month pregnancy checkup, Joe was invited to hear the baby's first heartbeat. At the first pulsing sound, Cecilia burst into tears. Joe raised his eyebrows twice. Cecilia remarked to him afterwards that she recognized how extremely excited he was.

Lydia had been married for only a month when she realized she felt lonely even when her husband, Sam, was in the house. She finally figured out that she couldn't reconnect with him (after being away at work all day) unless he physically touched her. Sam, on the other hand, only needed to see her to reconnect. A brief discussion resulted in a new ritual. As soon as they both came home, Sam and Lydia kissed, Sam patted Lydia's behind, and both said, "how was your day?" For a satisfying and lasting relationship, ask your partner what you need to do, say, or show him/her to make him/her feel loved and happy. You might be surprised at the answer and at how easy it is to accommodate him/her. You'll definitely find it rewarding.

Judith A. Swack, Ph.D., is a Biochemist/Immunologist, Master NLP Practitioner, Mind/Body Healer, and leader in the field of Energy Psychology. Dr. Swack is the originator of Healing from the Body Level Up. Visit

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today!

Top 10 Tips for a Great Relationship

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Top Tips for a Great Relationship

Commit to telling the total truth

A relationship involves three essential components. You, your partner and the truth. Every time you hold something back from your partner, a piece of your passion dies.

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Astound your partner with your generosity

Relationships work best when you ask yourself what you can give to your partner, rather than working out what you can get.

Take responsibility for feeling deeply loved.

Accept that it's your job to educate your partner about what makes you feel most loved. Love your partner how they want to be loved, not how you want to be loved.

Make loving each other a priority

At some point in the day, ideally last thing at night, take the time to tell your partner exactly what you loved most about having them in your life.

Walk away when you get nasty

Most of us get a little nasty when we feel backed into a corner. Come up with a plan that allows either one of you to walk away from a row when you catch yourselves saying things you'll regret.

Find out your partners dearest goals and dreams

If you support your partner in achieving their deepest desires, you build a relationship that leaves a legacy.

Come back together even if you're hurting

Develop a simple ritual for coming back together after a fight. Acknowledge that you fight only because you feel hurt. If you can accept that, it's easier to have a truthful conversation.

Know that things are not how they appear

Every relationship is a tangle of projection, transference and a dose of denial. It's as if your partner is holding a mirror to your face and shows you what you hate most about yourself. The earlier you can stop blaming and start talking the better you'll feel.

Accept growing pains

All relationships go through stages. Very few parents throw out their children when they hit the 'Terrible Two's' so why leave a perfectly workable relationship?

Be realistic

No one person is ever going to fulfill your every need and desire. Imaginary couples fall in love quickly

and we never really hear how it goes after the credits have rolled. Real couples fall in love slowly and live fully ever after.

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