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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Ten Ways to Blow It in a Relationship

By Rinatta Paries

Ten Ways to Blow It in a Relationship by Rinatta Paries

What do you do when you've attracted a lovely person into your life and now you're terrified you're going to blow it? Or, terrified it's going to end?

Arm yourself with the following strategies, and you're sure to blow it in a relationship right from the start.

1. Assume the person is your soul mate immediately upon meeting or shortly thereafter. Look for signs that faith has brought you together and be amazed by the correlations in your lives.
2. Forget about your life, your friends, your self-care. When you have a soul mate, why would you need a life outside of the relationship?
3. Reveal everything, and test your partner with your worst behavior. Let it all hang out. After all, if this is truly your soul mate, he or she will love you no matter what.
4. Have sex right away. If you are meant to be together for a lifetime, you might as well get started on the fun part right away.
5. Ignore anything about your partner that does not mesh with your values, lifestyle, or belief system. True love can conquer such insignificant differences.
6. Do lots of drama together. Job, family, and life crises are great ways to establish a relationship and test whether or not you are meant to be together.
7. Spend as much time together as possible. When it's true love, you can't bear to let your partner out of your sight.
8. Ignore behavior that crosses your boundaries or hurts your feelings. It's true love, so it's ok.

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9. Lavish a huge amount of attention on your partner or expect a huge amount of attention to be lavished on you. How else would you act if you finally found your soul mate?

10. Push the relationship forward and demand that it go deeper, in spite of where your partner is emotionally. You have the right to have the relationship be exactly how you want it to be and your soul mate owes you that.

If you want some insurance that your new relationship has every chance of making it, be...

- * Honest

- * Communicative

- * Clear about your needs and boundaries

- * A good listener

On the other hand, your relationship may end no matter what you do. But being in fear it will end actually makes the end more likely. To eradicate this fear, let go of the attachment that the person you are with be THE right person. Simply be with him or her one day at a time.

Your Relationship Coach,

Rinatta Paries

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 where you'll find quizzes, classes, advice and a free weekly ezine. Become a "true love magnet(tm)!"

Having coined the phrase "relationship coach," 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 or e-mail her at coach@WhatItTakes.com.

Ten Easy, Yet Powerful way to get in the spirit to date again after a break-up or time-out

By Jennifer Wright

Ten Easy, yet Powerful ways to get in the spirit to date again after a break-up or time-out
Divorce and relationship break-up are devastating to most people. Most have learned that jumping from the frying pan into the fire is not a good thing. However, we can get ourselves into a deep rut and have difficulty looking out again for a relationship. Here are some ways to get the energy moving to see over the top of the valley!

Ten Ways to Blow It in a Relationship

1. Smile at the world. Have fun. Look for positive in everyone you meet. Increase your awareness. Like attracts like. You never know who you meet when you smile.
2. Look at your surroundings . Are there negative "leftovers" from former relationship/s? Remove what no longer is positive for you. Surround yourself with things that bring you joy. You may want to consider the feng shui of your environment.
3. Make changes to what you hear . What music puts you in a romantic mood? Spend some time each day listening to your special music. Avoid listening to news that is negative or anything that puts you in a negative mindset.
4. Consider your sniffer! : Is it time to consider new cologne, aromatherapy? Again, explore what smells great to you. Burn some scented candles, place some scented oil at your desk, by your bed.
5. Look in the mirror! Wear clothing that makes you feel good about yourself. Time for a new hair style or other changes?
6. Those taste buds! Eat food that is light and gives you uplifting energy and that you enjoy.
7. Read singles ads in newspaper or internet: Start to consider the qualities that you would love to have in another person in your life.
8. Do the inner work. Clear the closets of your mind/emotions/ and spirit of negative ideas about dating and relationships. This is a big one and may take time and energy if you have not attended to this earlier on.
9. Consider how you spend your time: . Know that if finding a relationship is valuable to you, consider what time will you create for this new adventure.
10. When you are ready, Affirm to the Universe your worthiness and intention to date again. We have all heard the cliché, you get what you ask for. We know that clarity about what we want increases exponentially the chances of receiving it.

Jennifer Wright is an Occupational Therapist and Personal Singles Coach. Internationally, she has co-created with singles over 40 to find the love of their lives. Find out more at www.wrightdirection.com.

Ten Easy, Yet Powerful ways to get in the spirit to date again after a break-up or time-out

Ten Ways to Evolve, Part 2

Ten Ways to Evolve, Part 1

Ten Benefits of Having a Relationship Coach

Dry Hair And Split Ends

How to keep up the SPICE in your Love Life.

Online Dating Secrets Revealed!
147 Killer Epublishing Strategies
The First and Second Adam
How to Gain and Retain More Customers



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