



THE ULTIMATE GUIDE TO A ROCK SOLID RELATIONSHIP

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CREATING A ROCK SOLID RELATIONSHIP

Let me ask you something...

Have you ever been minding your own business, when out of the corner of your eye you noticed a couple next to you.

But, they're not like every other couple that you see sitting together, who are barely talking to each other or struggling to make conversation or just silently sitting opposite each other checking their phones.

They're completely engaged with each other, they both seem very happy in each other's company and you can instantly tell that they share a very deep connection just by how they're acting around each other.

You may have close friends or acquaintances who are in relationships like this. Both partners just seem perfectly in sync with each other. Not only do they seem to read each others minds, they are very attuned to each others moods, wants, desires, aspirations and **life goals**.

Nothing seems to bother them and they make their relationship look easy and like a big bowl of fun.

I had a discussion with some students about these kinds of relationships. They were super honest and unfiltered in their feedback about them. Here's how they felt:

● *"A bit jealous if I'm being perfectly truthful."*

● *"Very curious to how they created this connection and relationship."*

● *"Frustrated that I haven't yet experienced a relationship like that. It's exactly what I want. It's all I really want."*

I can totally understand how these women feel. It's perfectly natural to feel jealous, curious and frustrated when you see a friend or even just two strangers in a relationship like this.

But, rather than focusing on someone else's relationship, I want you to focus on your own relationship. That's what this book is about after all: Creating a deep and meaningful relationship with a man who is truly addicted to you and never wants to leave you.

Now, this isn't about tricking him or making him feel guilty or using some sneaky tactics to manipulate him into feeling this way. You're going to learn how a few small changes in how you act and communicate with your man along with a little elbow grease can turn your relationship into a profoundly connected one.

You're going to learn:

- How to find a great guy in the first place and start your relationship off on the right foot. Thankfully a lot of this information is also vital for those of you already in a relationship.
- The simple techniques and principles you need to understand to have great communication with your man so that you're in sync with each other and your life goals are aligned.
- How to stop fighting with your man, unless it's the right kind of fighting.
- How to create so much love and addiction in your man that he prefers to blow off his buddies and hang with you instead.
- A whole lot more on how to turn your relationship from ok to incredible.

It can be frustrating and disheartening looking around to see friends and relatives in fantastic relationships while constantly having to respond to questions from aunts, uncles, parents, grandparents, classmates and others like:

- *“Why aren't you with that guy anymore?”*
- *“How come you and your husband don't seem that close to each other?”*
- *“Why haven't you gotten your life together and found a man?”*

This frustration is only made worse when you visit social media sites like Facebook or Instagram, and see all those perfect, smiling, happy couples. Even though you and I both know people like to brag and show off on these apps, it's still highly frustrating to see it. And let's not forget about the flawless relationships you can't help but notice in People magazine and all those other celebrity magazines.

Fortunately, the techniques that you're about to learn will give you the tools you need to have a truly incredible relationship...and showing this relationship off on social media is optional ;)

The last thing I have to say before we dive in is this:

I discuss a lot of “hard things” in the book. Things that are often ignored by others because they just want you to feel good about yourself and your relationship and they want you to believe that fixing your relationship is as easy as swallowing a “magic pill.” The fact is that improving your relationship involves a lot of work and effort.

Yes, many of the things that you need to do in order to improve your relationship are easy and make you feel good, but there are also some things that are much tougher to address. These are things like:

- **Fighting for the right reasons.**

● Avoiding passive-aggressive behavior.

● And there are a few more.

So, if you want something more wishy-washy, that makes you feel good, but doesn't actually deliver, then you may want to look elsewhere.

Still here?

Great, let's dive in!

3 IMPORTANT THINGS

I hope you're excited to jump in and start learning how to empower your relationship. But before you start learning the techniques, there are 3 very important things to know about this book...

1. There Is a Lot in Here

As you read through the book, you'll start to realize that there are a lot of effective and powerful techniques that you could start using tonight for every facet of your relationship. In fact, there are so many techniques that you could be using on your man, that you may even feel paralyzed by the number of choices.

You may not be sure what technique is appropriate for right now or what techniques you should use if you notice that your man isn't treating you the way you'd like to be treated or what you should do in every other possible situation.

The solution to this is to take things slowly. Learning each of these techniques and knowing the exact right time to apply them isn't going to happen overnight. It takes weeks and months to fully understand them as well as to understand how they improve things with your man. Rome wasn't built in a day.

Sometimes, you'll find that you need to be very conscious about applying certain principles to your relationship, while other principles will come naturally to you and you may even already do them.

So, what I want you to do is read right through the book, and as you go from chapter to chapter, think about each technique and principle and take some time to think about how you can apply it to your life. When you finish the book, go back through it and choose two or three techniques and principles to work on for the following three weeks.

You might decide to start doing Random Little Things for your man (I'll tell you all about this technique later on) so he understands how much you care about him and you might also decide to start monitoring yourself so that you catch yourself anytime you find that you are being passive-aggressive.

After three weeks of consciously trying to do these two things, you will start to notice that they are beginning to come quite naturally to you. The key here is **consciously trying**. You need to consciously try to catch yourself being passive-aggressive so you can stamp it out and you need to consciously think about doing Random Little Things for your man.

After three weeks of doing this, you'll begin to notice that these two principles are becoming easy and natural, like a reflex. Now it's time to try adding in one or two other techniques or principles to consciously work on for the next three weeks. As this new, third and fourth principle becomes natural and like a reflex to you, keep adding in more every three weeks.

Within a few months, you'll be working on every aspect of your relationship every single day using many different techniques and principles **and** it will feel completely natural to you.

While it may feel tempting to try to immediately incorporate every technique in the book into your relationship when you've finished reading it, please don't. This kind of

attitude always ends up in disaster. Most people that do this are so confused trying to figure out what exactly to do in the moment that they usually end up doing something contrived and awkward, which of course isn't something you want.

2. Work Hard and Stick with It

If building the perfect relationship with your man simply required you to say one magic line to him which would turn him into Prince Charming, then life would be a lot simpler and everyone would have a perfect relationship. You can wish that this "magic line" will someday appear, but sadly life doesn't work like that. Building a great relationship is just like building a great career or having an incredible bikini body. **It takes work.**

But if you want to have the kind of relationship that completely fulfills you as well as having a loving man who cares just as much about you as you care about him, then it's totally worth it.

As well as working hard on improving your relationship, it's just as important that you **don't get discouraged** if you have a fight or an argument or an intense disagreement with your man about something. All good (and great) relationships naturally have bad moments. **It's how you react to these moments that will define your relationship.** This is important. After a fight with your man:

- Do you try to quickly move on or do you let the anger linger for days and weeks?
- Do you look for a solution to the fight or do you only care about being "right?"

● Are you quick to meet your man halfway and compromise or do you always have to get your way **or does your man always have to get his way?**

In the heat of the moment, it can be hard to prevent your emotions from getting the better of you. But allowing them to dissipate and working on a solution so that you can move past the fight is vital.

Remember, having the occasional argument with your man is perfectly healthy provided it doesn't degenerate into something nasty and you both work together to get past it. And to remind you one final time, if you truly want that contentment and deep connection that comes with truly loving relationships, you need to work at it.

3. Experiment & Adapt

No two couples are the same. While one couple could have a major height difference, another will have a major weight difference and another will be in a long distance relationship. Understanding that every couple is different, faces different challenges and connects on different things is vital to using the techniques in this book as well as making your relationship work.

If you just treat your current relationship like you treated the last one, it doesn't mean that it's going to have the same result. Your new man could be more introverted, more into sports and more interested in video games than the last one. So, if you follow my advice exactly as it's written here, without ever trying to adapt it to your personal circumstances and relationship then you're not going to enjoy its full power.

In other words, you need to treat the advice in this book as a set of guidelines, not laws.

4. Have Fun

Ok, I know I said that there are only three points, so just consider this fourth point as a bonus piece of advice. Great relationships are all about making a connection, being there for each other, having similar goals **and having fun**.

If you go into a relationship merely trying to achieve a certain outcome (i.e., getting married, having children, having sex or having financial stability) and you aren't interested in enjoying yourself and having fun, then both you and your man are going to have a bad time.

So, when you are using the advice in the book, it can be easy to fall into the trap of being very serious and getting frustrated thinking these techniques work perfectly every time. If this happens to you, then try to take a step back and remember that having fun and enjoying yourself is just as important to the health of your relationship as these techniques are.

A QUICK NOTE

As you read the book, you'll notice that all the advice in here is about improving yourself, being the best you and re-evaluating some of your usual behaviors and actions so that your relationship improves. As a result, from reading the book, you may get the impression that I think the only way to improve a relationship is to change who you are and do things to accommodate and please your man while your man doesn't need to change at all.

This couldn't be farther from the truth. We both know that your man needs to be just as serious about your relationship as you are and just as willing to change and improve himself as you are if he wants the relationship to succeed. He also needs to be willing to improve himself and compromise too if he wants to have a successful relationship with you.

However, since this isn't a book for men, the focus of it will be about what you can do to change and improve your relationship. But to be clear, we both know that having a great relationship isn't just about you doing things to change and improve it, it's about both of you having the mindset that you want to change and improve it.

HOW THE BOOK IS STRUCTURED

Now that I have covered the very important groundwork, you're probably wondering how the book is structured.

First, I want you to focus on YOU. Once you understand what is most important to your relationship (or potential relationship), how your emotions play a key role in your relationships and how to prevent outside negative influences from affecting your relationships, then you'll have a rock solid foundation to creating and maintaining an incredible partnership with your man.

The next part of the book is going to cover finding the right man. Many women don't understand that a large part of finding the right man is filtering out the guys who aren't good for you. This is vital to making sure that you end up with a loving man who you truly connect with and whose long-term goals are aligned with yours.

Note: Even if you are already with someone, this section will give you important tools for assessing your current relationship and how to improve it. So please don't skip this section.

Then comes the main relationship section. Here, you are going to discover the principles and techniques for drastically improving your relationship and creating an environment where both you and your man are truly in sync with each other. Again, it may be tempting to skip ahead to this section right now, but without a solid foundation from the first two sections, then you are not going to fully appreciate it.



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BEING THE BEST YOU

Have you ever been sitting on an airplane waiting for it to take off, when the air hosts or hostesses start demonstrating the safety procedure? It's pretty mind numbing, right?

But...

There is one specific part of the safety procedure that is truly fascinating. It's not the part about putting on your life jacket, it's not the part about fastening your seatbelt. It's the part about putting on your oxygen mask.

I'm deadly serious.

What fascinates me about this part of the safety procedure is what they instruct you to do. They instruct you to first put on your oxygen mask *before* you try to put an oxygen mask on your tiny, helpless child.

Surely, kids need the most help and are going to be the most frightened, right?

It's true, they do need help and will most likely be more terrified of what's happening than you are. *So why do they always instruct you to put on your oxygen mask first, instead of helping your child first?*

The reason is actually pretty simple.

If you are panicking and struggling and trying to put on your child's oxygen mask first, you won't be breathing oxygen and could pass out and die before you get it on her. If you have two kids to attend to before yourself, then there is going to be even more time when you are not breathing oxygen and it's going to be even more likely that you'll pass out before putting your children's masks on.

If you pass out, then your child or children will have no way of reaching up, grabbing their oxygen masks and putting it on themselves and **and they too will pass out.**

However, reaching up, grabbing and attaching your own oxygen mask is super simple, which means that you are guaranteed to stay awake and not pass out. Once you have

taken care of yourself, you can now spend time attaching a mask to your child or two children. Heck, once you have your own mask attached, you could attach masks to 10 children (so long as you can reach them of course).

So what am I trying to get at with this story? It's simple, the point I'm making is this:

Without first taking care of yourself, you're not going to be able to adequately take care of others.

The same is true about taking care of your general health.

If you smoke 60 cigarettes a day, drink a bottle of vodka every day, have a super unhealthy diet and spend most of your time in the hospital trying to get healthy, then you aren't going to have much time to take care of your family and keep them healthy.

But if you eat healthy and take care of yourself first, then you are going to be much better equipped to take care of your family and keep them healthy.

This is the reasoning behind this chapter.

You need to treat yourself incredibly well if you want to have an incredible relationship.

I'm not going to teach you how to put on a fake veneer of perfection. And, I'm not going to teach you to be someone that you're not. This chapter is all about teaching you how to be the best version of yourself. You're going to learn things like:

- How to listen to your emotions, but stop them from hijacking your life.

- How to discover what you really want in a man.
- The tools to make a great man a part of your life, not your entire reason for existence.
- How to cut out the things that sabotage your relationships.

Let's get going!

WHO CONTROLS YOUR EMOTIONS?

Every day, we all experience a range of emotions, whether it's frustration in the morning because we didn't get enough sleep or excitement in the afternoon when a package from Amazon arrives or intrigue in the evening when a friend calls about a fascinating book she's reading.

Emotions are what makes life interesting, and small doses of pretty much every emotion is incredibly healthy.

However, we don't always experience small doses of emotions. Often we hardly notice an emotion, and sometimes we get hit with unexpected emotional surges that completely overwhelm us. These are things that can totally hijack our ability to make rational decisions and often make us act a little illogically.

Extreme examples of these unexpected emotional surges could be the death of a loved one or getting to meet our celebrity crushes. Some are very negative while others are super positive. Regardless, **these kinds of emotional surges prevent us from thinking rationally and making decisions with a clear head.**

For some people, they don't even need such an extreme event for their emotions to take over and for them to start making decisions that aren't in their best interests.

Things like:

- Seeing your ex with someone new.

- Being overlooked for a promotion.
- Flirting with a super cute guy while tipsy, even though you're in a relationship.

All of these examples will obviously make anyone emotional, that's a given. However, it's only a problem if these kinds of events are making you so emotional that it's your emotions automatically making decisions for you and not your logical, rational side.

When your emotions are making your important decisions and are controlling your life, you are giving up control of your life to them. **You, not your emotions,** need to run your life.

The first step to preventing your emotions from controlling your life is simply recognizing when they are overwhelming and possibly interfering with your decision making. There's no need to try and prevent them or repress them or suffocate them, try to simply recognize them.

Once you start consciously recognizing when your emotions are interfering with your decision making, then you'll notice that you will naturally start considering whether or not you should be listening to them. Again, you shouldn't try to stop feeling emotions; that would be unhealthy. Instead, just listen to them and ask yourself these two questions:

- Are these feelings helping me to make the right decision?
- Would I make a different decision if I didn't feel these emotions?

Doing this will dramatically enhance your ability to make great decisions when your emotions are overwhelming and leading to a potentially damaging impulse decision.

So, what has all of this got to do with being the "best you" and having a great relationship with your man?

It's kind of obvious: If you want to be in a rock solid and fulfilling relationship, then you need to be able to make the best decisions and choices for the long-term health of the relationship. When you submit to your emotions and allow them to control your decision making process, you often end up making decisions that are disastrous for your relationship.

DO YOU KNOW WHAT YOU REALLY WANT?

When I consult with students and ask them what they want from their man and relationship, I have no problem getting a response. I often hear things like the following when I ask about a man:

- *"I want a man I click with."*
- *"I want someone who can comfortably provide for a family, so I have a choice between working and looking after the kids."*
- *"I want someone I'm deeply attracted to."*
- *"I want a guy who's good with kids."*
- *"The kind of guy I'm looking for is someone who is ready to settle down."*

And these are the responses I get when I ask about what they are looking for in their relationship.

- *"A relationship where my man isn't afraid of helping out at home."*
- *"A relationship where we are absolute equals".*
- *"I want a relationship that is stable, but still fun and exciting".*

● *"If I could have a relationship where I never had to nag and my man always pulled his weight, then I would be thrilled."*

I'm sure that you probably find a lot of these statements or all of them to be very reasonable. And they are.

However, there is a big problem with them...

They are all very general statements and none of them go into specific details. When you have a general want or goal, that is not broken down into specifics, then you are naturally going to have trouble achieving it. It's similar to having a New Year's resolution like, *"I want to lose some weight and get in shape this year."*

Wanting to lose weight and get in shape is certainly admirable. However, without more specific wants than simply losing weight and getting in shape, it's unlikely that you'll achieve it. A far better want or goal would be, *"I want to lose 15 pounds this year and I want to be able to touch my toes again."*

Wants like this are far more actionable and achievable when compared to something as broad as "lose some weight and get in shape." This chapter is about figuring out these specific wants for your dating life or relationship, while the rest of the book is focused on the steps, techniques and tactics you can use to achieve these wants and goals.

Now you need to really think deeply about what you want both right now as well as what you want in the long term.

Answering the following questions will help you to figure out what you want in the guy that you just want to date. And once you know what you want, effectively using the techniques in the book is going to be easier and more natural to you.

Questions to Ask Yourself About Guys You Want to Date

● *What kind of man do I want to spend time with?* This could be a guy you just want to hang out with or someone you would want to have a meal with or someone to go to a party with.

● *What kind of guy do I want in the bedroom?* Perhaps you have a kink or fetish or preference in the bedroom that could be a potential deal breaker.

● *What kinds of behaviors in a guy do I not tolerate?* These are usually things like addictions, sexism, jerk behaviors, etc.

● *What kinds of traits does a guy have to have?* These are traits like ambition, loyalty, cool-headedness, etc.

● *What kinds of traits are nice to have?* This could be a great sense of humor, being very tall, having a six pack, being well hung, etc.

● *What kinds of annoying things am I willing to tolerate?* Perhaps it could be getting drunk with his buddies every other week, his terrible fashion sense, his love of video games or his sleeping in on the weekends.

And these questions will help you figure out what you want in your relationship if you already have a man. Again, specifically understanding what you want from your relationship is going to make it far easier to achieve using the techniques that you are going to learn.

Questions to Ask Yourself About the Relationship You Want

● *What do I currently enjoy about our relationship?* These could be things like spending lots of time together, supporting the same sports team, great sexual chemistry or having certain common interests.

● *What do I want to change in my current relationship?* It could be spending more time together, having a physically healthier partner, having a partner that helps out at home more, having more sex or having less fights.

● *What aspects of my relationship do I want and need my man on the same page for? This could be important things like saving for the future, raising kids, etc.*

● *What do I care about most? How others view my relationship and how successful it is or how I personally experience and view my relationship? This is the difference between having a relationship that seems successful and having one that actually is successful.*

● *What level of passion, excitement and sexual tension do I want in my relationship? This one is pretty self-explanatory.*

● *What behaviors of my man seriously irritate me and put strain on the relationship? Identify your man's annoying behaviors and graciously letting him know about them can be a huge step to alleviating any problems.*

● Which of these behaviors are the easiest to solve right now, with the right approach?

Remember, the key to finding out what you want in a guy you date or what you want from your relationship is really getting into the specifics and **avoiding the general**. Once you know exactly what you want, you'll find it far easier to actually achieve it.

Note: It goes without saying that when completing this exercise, you need to be realistic. Obviously, everyone wants to be in a relationship with a billionaire, former model who never ages. Of course this is a little unrealistic and needing a guy like this is only going to set you up for disappointment.

JUST ONE PART OF YOUR LIFE

Having a great relationship with your man should be one of the central and most important parts of your life. However, your relationship with him should not be the only part of your life.

Instead, you should aim to have a more balanced approach, where you also pay attention to all the other parts of your life. These include things like:

- Your health.
- Your relationship with your family.
- Your relationship with your close friends.
- Personal passions outside your relationships. These are things like hobbies, sports or even TV shows.

Why should you take this balanced approach to your relationship?

Taking a balanced approach to your relationship and not making it the sole focus of your life has many benefits.

- **It gives you the benefit of perspective** - By spending energy and time with other people, besides your man you will easily be able to see if your man is being unrea-

sonable with his expectations of you (or vice versa) as you learn about other people's relationships.

● **It makes you more independent** - When you don't rely on just one guy for everything, you naturally become more independent and less reliant on him. Of course being reliant on your man from time to time is perfectly fine. However, when you need him for absolutely everything, it's not very healthy and your man can end up abusing the situation.

● **It makes you value your relationship more** - When you don't get to spend every waking moment with your man, you will naturally cherish the time you do have together.

● **If the relationship ends, moving on is easier** - Relationships end for many reasons, things like death, constant fighting or even cheating. If you relied on your man for everything in your life, then it will be a devastating loss. But if he was just a very important part of your life, then moving on will be significantly easier.

● **Having your own life is attractive** - When you have your own life and your man knows that you have a lot going on, it's naturally attractive. But, when he knows that you rely on him for everything, he will most likely see you as being needy. Neediness in relationships is both annoying and a massive turn off.

The point that I want you to take away from this is that in order to have a healthy relationship with your man, you can't make him the sole focus of your life. Of course he should be a very important part of your life, but if he's the only part, then you're putting all your eggs in one basket, which has the potential for disaster.

TRUSTING YOURSELF

As I've talked to students about getting advice and how they make decisions concerning their relationships, I've noticed three common ways they do it.

1. Some women primarily make decisions based on how they feel. They make emotional decisions in the moment. So if they're angry and tired, the decisions they make are going to be drastically different from the decisions they would make if they were happy and well rested.

2. Another group of women primarily rely on their friends and family to help them make decisions. Sometimes, it's just one friend they go to for advice, while often it's a group of friends.

3. The last group of decision makers rely solely on themselves for their decisions and don't accept much input from their friends doing their best not to allow their emotions to cloud their decisions.

Each of these three strategies has its benefits and drawbacks.

1. Relying on How You Feel Emotionally

Benefits - How you feel is vital to your emotional health. If you don't feel happy and comfortable in your relationship, then it's pretty natural and normal to make deci-

sions based on these emotions to improve it. So, if you feel that your man is not treating you right, then it's perfectly natural to take action and let him know.

Drawbacks - Sometimes your emotions can be so intense that you make completely irrational decisions and they cloud your judgement. Perhaps, you could be so angry with something your man said that you hook up with someone else just to "get back at him" or you could do something else that does irrevocable damage to your relationship.

2. Relying on Friends or Family for Advice

Benefits - Often, your close friends have the benefit of distance to analyze your relationship and help you gain perspective on it, which is fantastic for making the right decisions to benefit your relationship. Your family also knows you incredibly well which can be an added benefit if they notice a relationship changing you for the worse.

Drawbacks - Sometimes, friends can be more like "frenemies" or even be jealous of you or your relationship. As a result, they can be more interested in undermining the relationship. So, instead of getting help from someone with perspective on your relationship that you trust completely, you can end up getting advice that sabotages it. Additionally, often your family may have their own agenda about who you should date and be in a relationship with, which may not be aligned with what you actually want.

3. Relying on Yourself

Benefits - *Who knows you better than YOU?* You obviously know and understand your relationship better than anyone else. So, for many aspects of your relationship, relying on your own judgement is best.

Drawbacks - Often, you are so close to your man and relationship that you can fail to see the problems that it's causing for you. You can be unable to step back and examine the relationship objectively in order to make the best decisions.

So...

With such a range of benefits and drawbacks, what should you do? How can you make the best decisions for your relationship? My advice is simple...

Calmly listen to each of the 3 inputs:

1. Your emotions.
2. Your friends and family.
3. Yourself.

But ultimately **you need to trust yourself**. This way, you'll reap the benefits of each, while hopefully avoiding the drawbacks.

CUT THE CRAP

This chapter ties in strongly with the previous one. It's all about cutting out the negative influences in your life. Negative influences only do one thing to your life...they screw it up. *But if cutting out negative influences is so important, then why doesn't everyone do it?*

Because it's not easy to just outright cut someone or something out of your life that negatively influences it

- If you live in a bad neighborhood, moving isn't always that easy. Affording a place in a nicer area or even finding a place in a nice area can be time consuming and difficult.
- If your friends don't always have your best interests in mind, then cutting them out of your life can be difficult because you could work with them, live beside them or just see them every day. This is doubly true if your family is the problem.
- If alcohol, drugs or even food are causing you to make terrible decisions, then of course eliminating these is going to help improve your life, however difficult that may be.

Fortunately, you can take steps to minimize the effects these are having on your life.

- If you live in a bad neighborhood, then minimizing your time there while also saving so that you can move out of there in the future is a good first step.

● If you find that your friends are subtracting from your life rather than adding to it, then you may need to consider spending less time with them. Cutting them off cold can be very awkward, but being "busy" or having other plans is a much better strategy. The same is true if it's your family that is negatively affecting your life.

● If alcohol or drugs or even food are taking a hold of your life in an unhealthy way, then you should talk to a doctor about how to quit and start living a healthy life.

While all of these examples are just examples and may not necessarily apply to your life, the key is understanding that there is always a way to change things.

I also want you to pay particular attention to the second example, where you have friends who are a negative influence on your life.

Often, you can have a friend who has become bitter or angry or is just plain jealous of you or your relationship. As a result, they want to see you fail. So, giving you not-so-good relationship advice becomes their main goal. Of course, this is poison for a relationship, so do yourself a favor and cut them out of your life.

In other words, cut the crap.

BALANCING YOU & OTHERS

Life is all about compromise.

You may adore that funny guy who is great to spend time with, but you can find his lack of planning for the future to be very frustrating. It's similar to being around a guy who takes you to nice places and insists on taking care of everything, but if you're not actually that attracted to him, then it's not quite as fun.

Maybe you find it fantastic that your man is a great cook, but he never cleans up after himself. Or perhaps he's great at fixing things around the house, but he refuses to eat healthier and look after himself.

Like I've said before and I'll remind you throughout this book, nobody is perfect and no relationship is perfect. Thankfully, compromise is a great tool to ensure that both you and your man get what you want.

The dark side of this is that sometimes you compromise too much.

You may like a guy so intensely or want a relationship to work out so badly that you completely forget about keeping things balanced and fair. Instead of compromising with your man for the good of your relationship, you end up compromising yourself and your beliefs for the sake of his wishes and wants. This ends up making your relationship unfair and unbalanced.

Here are a few examples of situations where you could be compromising too much:

- Not challenging your man when he suggests something important that you don't agree with, e.g., where to spend your holidays or how you should plan for the future together.
- Allowing him to dictate who you should hang out with.
- Allowing him to access your personal accounts like your email or Facebook account when you don't feel comfortable with it. Of course, many couples **do** give each other access to their email accounts and **do** feel comfortable with it. It's when you're not comfortable with it, that it becomes a problem.
- Converting to a religion or leaving your own religion based solely on his wishes, not yours.

If you find that you are compromising too much with your man or you find that you are compromising yourself for his wishes, you may want to take a step back and reassess things. It could be time to talk to your man and let him know that there are certain things in your life that you are unwilling to waiver on even though you are willing to compromise on others.

MEN ARE GOING TO BE MEN

Off topic, but important question: Have you ever watched one of those videos on YouTube that shows dogs doing silly and stupid things. It could be a video about a dog who is looking guilty after tearing apart some curtains or a dog slipping on ice over and over again while trying to regain his balance or a dog barking at his reflection in the mirror or a dog running scared from a cat. There's a never ending supply of these funny dog videos.

So, why I am I talking about videos of dogs doing silly things?

It's because dogs can't help doing silly things from time to time. Dogs by their nature just aren't as smart as us humans....or cats for that matter, although that's an argument for another day.

Everybody just expects dogs to behave like...dogs.

We expect them to bark at the postman, chase balls and be completely ecstatic when we return home every evening. We also expect that they are going to make mistakes every once in a while like peeing in the house when we forget to let them out or getting into little fights when we take them to the park to meet other dogs.

Most importantly and most obviously, we don't expect dogs to ever be able to drive a car, figure out math equations or write poetry.

Basically, we understand and accept dogs for who they are.

Men should be treated similarly...and I'm not saying that men should be treated just like dogs. Heck no!

The point I'm trying to make is that **men act the way they do because of their nature**. Here are a few examples of what I'm talking about:

- Men don't wake up one morning and decide that they are suddenly interested in their local sports team. They are usually deeply passionate about them from when they were kids, while you are trying to understand what's so fun about a bunch of guys throwing a ball around.

- Most guys don't pretend to miss social cues on purpose because they are trying to be insensitive. They usually don't even notice them in the first place!

- And men don't stare at other women because they just want to hurt your feelings or make you jealous. Again, it's in their nature.

- Sometimes, guys like dealing with their problems on their own even though you know you can help or have the solution. He may even get angry and irritated with you when you offer great advice. Again, this may totally bamboozle you, especially if you are correct, but guys often love the process of figuring things out for themselves and finding a solution on their own, which leads me to the next point...

- Guys are fixers: Often, when sharing a problem with your man, you may find that he will almost immediately stop listening and start suggesting solutions. It can be really annoying having a guy not listen, especially when you need him to. All the while, he may think he's helping.

In other words, **men are going to be men** and an important part of making a relationship work is understanding and accepting their nature. Now, you may think that I am making an excuse for men's bad behavior and all the things they do that get under your skin.

I'm not.

You should never allow a guy to get away with things that you find unacceptable, especially if he tries to blame it on "his nature."

Instead, what I'm saying is this:

When you understand why he does things that you would never consider doing, it's going to make it much easier to manage your relationship with your man and have a good one, rather than just getting frustrated at how he's acting.



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MEETING THE RIGHT GUY

The previous section of the book was all about fixing your mindset so that you can be the best you. Now, it's time to learn how to meet the right guy for you.

Note: While this section is focused on finding the right guy for a relationship, it's got a lot of powerful advice that is very applicable even if you are already in a relationship. So please don't just skip over this section.

In the previous section, there was an exercise where I asked you a number of questions to help you figure out what you want in a guy. Here's a quick refresher:

- *What kind of man do I want to spend time with?*
- *What kind of guy do I want in the bedroom?*
- *What kinds of behaviors in a guys do I not tolerate?*
- *What kinds of traits does a guy have to have?*
- *What kinds of traits are nice to have?*
- *What kinds of annoying things am I willing to tolerate?*

Answering these questions will give you a very clear sense of type of guy you are looking for to date and possibly have a relationship with.

So, you could be looking for a guy who is funny, you connect deeply with, you have incredible sexual chemistry with, someone who doesn't drink or smoke, who is ambitious, is loyal, is tall, is healthy but not in great shape and has great fashion sense. Or maybe you are looking for someone completely different. The key is compiling a list of the traits that are important to you.

Once you have a list of these traits, I want you to write them down on separate pieces of paper or Post-it notes and then arrange them into a new list, putting the most important traits you want at the top, with the least important at the bottom.

Write down your list of most important traits here:

1. _____

2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

So, your list could look like this:

1. Loyalty
2. Deep connection
3. Ambitious
4. Funny
5. Doesn't drink/smoke
6. Great sexual chemistry
7. Tall
8. Healthy
9. Fashion sense
10. Loves tennis

Of course, this is just an example list. Yours can be longer or shorter.

Once you have finished arranging your most important traits, it's time to start figuring out where to meet guys who possess these traits. Here are a few very stereotypical examples to give you an idea.

Say your top three traits in a guy are:

1. Loyalty
2. Stability
3. Ability to provide for a family

You're not going to find guys like this at a rave or through a casual hook up app. But you may find them at your church, at a professionals' social mixer or even through a mutual friend.

Maybe your top three traits in a guy are:

1. Physical attractiveness
2. Healthy lifestyle
3. Outgoing personality

You may find these kinds of guys at a gym, in a running group or playing a team sport.

Perhaps the top traits you are looking for are:

1. Sexual chemistry
2. Physical attractiveness
3. Spiritual connection

You are more likely to meet these kinds of guys at a swingers' party, while taking a tantra class or through a hook up app.

So, what you now need to do is figure out where your ideal man is and **put yourself in his path.**

Keeping this in mind, I want you to create a list of the ways to meet these types of men. Here are a few examples:

- Through a mutual friend.
- General dating websites and apps.
- Niche dating websites and apps.
- Bars.
- Sports clubs. Think soccer, tennis, etc.
- Fitness groups. Think yoga, spinning, hiking, etc.
- Parties.
- Networking meet ups.
- At work.

Make a list below of the places you are likely to meet a guy possessing the traits most important to you:

Write down your list of most important traits here:

1. _____

2. _____

3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

At this stage, you should have the rough outline of the type of guy you want for a relationship and you should also know where you are most likely to meet these kinds of guys. Now, you just need to **put yourself in the path of the storm.**

The really crazy thing about making a list of important traits along with a list of places to meet your ideal guy is that it's just so darn obvious. Yet, most people overlook devoting a mere five minutes to an exercise so simple. Maybe you're even thinking about doing this later this evening. Or tomorrow. Or even on the weekend.

It takes five minutes, so please do it now.

If you're like me, you probably find it strange that most people spend years of their lives trying to find a great career, often while racking up huge amounts of college debt. But they don't devote nearly as much time or effort or money to having a great relationship...not even a measly five minutes

Yet, when I ask these people what is more important, their career or their relationship, they always say their relationship.

So, most people spend way more time and money on their career than on their relationship, yet they value their relationship way more highly than their career. It's crazy.

HAVE HIGH STANDARDS

Now that you know precisely what you are looking for in a guy and you have a list of places where you could meet him, it's time to get out there and start looking. As you put yourself out there, you are going to steadily make it more and more likely that you eventually meet him.

There's no better feeling than meeting a guy you're attracted to, that you connect with and who feels the same way about you. In fact, you can be so blown away by a guy and the feelings he's giving you that you may be willing to look past some of his most serious flaws. These could be things like:

- Addictions. Think smoking or drinking too much.
- Racism/sexism/misogyny.
- Physical attraction but absolutely no emotional connection.

Of course, this isn't that much of a big deal in the short term. If you only plan on dating a guy like this for a few weeks or a few months, then you may be willing to overlook these kinds of serious character flaws. But if you want a guy for a long-term relationship, then you absolutely shouldn't overlook them.

Overlooking these kinds of character flaws is often not a conscious decision. It's usually a case of *feeling* that these character traits are not such a problem at the time, that

maybe other guys you meet shouldn't have these traits but it's ok for this guy to have them because he is so funny/hot/interesting/great in bed/etc.

- You may *feel* that you can deal with these later, when you know him better (bad idea).
- Or perhaps they'll just go away if you ignore them (an even worse idea).
- Or maybe these are things that you're just going to have to compromise on (yet another terrible idea).

I hate to be the bearer of bad news, but if you believe any of these ideas are good for dealing with a man's bad traits, then you are just setting aside your disappointment and frustration for a later date. The easiest way to deal with these potential problems is to have high standards and simply not tolerate them in the first place.

Does this mean that you are going to have to reject some pretty good guys because they have one major flaw? Absolutely. If you are searching for a guy to have a long-term relationship with, someone you might want to spend the rest of your life with, then you shouldn't be compromising on any of your core values.

Compromising on what TV show you watch at night is fine, but compromising on one of your core values like tolerating a serious addiction or how he treats others is a recipe for disaster.

To reiterate: **Have high standards and don't compromise on your core values.**

WHERE'S HE AT?

There are a lot of really good romance stories that can be summed up just like this:

- Girl meets rebellious/wild boy.
- Girl is smitten by boy but has doubts because of his rebellious/wild ways.
- After many ups & downs, boy falls in love with girl, realizes his rebellious/wild ways are bad for the relationship and changes himself for the girl he loves.
- Girl and boy live happily ever after.

This kind of storyline can make for a really compelling book or movie and sometimes people are fortunate enough to experience emotionally compelling relationships like it. Sadly though, it happens far too rarely for it to be something you should expect. Instead what often happens is this:

- Girl meets rebellious/wild boy.
- Girl is smitten by boy but has doubts because of his rebellious/wild ways.
- After many ups & downs, boy refuses to change and girl realizes his rebellious/wild ways are bad for a relationship and breaks up with him.
- Girl meets guy who is emotionally ready for a relationship.

This second situation is more common than the first one. Many women end up wasting precious time on guys who are at a point in their lives where they aren't emotion-

ally ready for a relationship. They may be fun to be around, great with your friends, fantastic in bed and very attractive, but they simply aren't ready to settle down yet.

These are usually guys who are:

- Under 30.
- More interested in flirting with you than connecting with you on a deeper level.
- Very eager to get physical with you.
- Their closest friends are all single.
- Actually tell you that they aren't looking for anything serious...Thankfully, some of these guys who aren't ready for a relationship are at least honest.

Now, I know that there are flirty guys under 30, who are very eager to get physical with you who **do** want to settle down, but you will find that they are few and far between. Plus you'll have to sift through a lot of them to find the ones that actually want to settle down.

A much better strategy when dealing with guys you meet is to quickly find out where they are at in their lives. This way you can quickly tell if a guy is looking for a relationship or if he's looking for something short term or if he's not even that sure himself what he's looking for.

Being super direct about it can help you find out where he's at in his life and what he's looking for. The only problem with being super direct is that it can come off as very intense and sometimes feel a bit weird if you've just met him. A better strategy is to be indirect and take your time in finding out what he's looking for. So, you could ask him questions like:

- *How often do you hang out with your buddies?* This is great for finding out where he's at in his life. He'll naturally spill information about what kinds of people he hangs out with. Perhaps, they are all in relationships (a good sign). You'll also find out if he's a party animal or prefers spending his evenings taking it easy.
- *Do you plan on doing any traveling or going on vacation soon?* If he tells you that he's planning on taking six months off to travel around the world, then he's probably not going to be long-term relationship material. But if he's spending it with his family, then it's more likely that he's ready for a relationship.
- *What's the craziest thing you've done in the last three months?* Guys who aren't ready to settle down love to show off and tell you about how crazy their life is, which is very helpful in finding out more about him.
- *If someone left you \$250,000 in their will, what would you do with it? And be honest!* Of course, guys who are willing to blow it all are probably not the best for a relationship. Guys who would save/invest some and spend some are more likely to be in a place in their lives where they're interested in a relationship. And guys who would save/invest almost all of it are either lying or are special unicorns that could be perfect for a relationship.

Talking to a guy and poking or prodding him with questions is a good tactic for finding out about him and seeing whether or not he's ready for a relationship. But of course he could just be lying to you. A great tactic to see if what he's saying is genuine is seeing how he behaves when he's around his friends.

So, if he says that he is looking for someone to settle down with and prefers to spend nights in rather than going out partying, but you see him getting drunk, acting wild and doing things that would indicate to the contrary (especially if does these things re-

peatedly), then you are probably dealing with someone who is not being completely truthful with you.

Therefore, the key thing I'd like you to take from this is that guys who are genuinely ready for a relationship and want to settle down are going to make for vastly better partners. Thinking you can change a guy who simply isn't at a stage in his life where he's ready for a relationship is a bad idea and is going to be very much an uphill struggle.

PERFECT ON PAPER, BUT...

There is a phenomenon that afflicts many women and their love lives. Perhaps you've experienced this phenomenon yourself?

You meet a guy.

Maybe it's through friends. Maybe it's at a party. Maybe you're both sitting beside each other on an airplane. Heck, maybe you met him at a funeral. It really doesn't matter where you meet him. But what you do realize after meeting him is that this guy seems incredible, almost perfect.

He could be tall, handsome, funny, have a great job, great with your parents, great with your friends and ready for a relationship. You may immediately be able to imagine dating this guy and see how he'll fit into your life and even improve it.

This kind of guy sounds perfect, that is, until you actually go on a date with him...

You go somewhere really nice, have some very interesting conversations, talk about the future and you may even find out more about why this guy is perfect for a relationship.

But...

There is zero spark.

You just can't seem to connect with this guy.

You may logically think this guy is perfect for a relationship, but deep down you don't feel attracted to him.

- He doesn't give you butterflies in your stomach.
- You don't get excited when you see a text from him on your phone.
- You don't get nervous when he doesn't text you back.
- You don't daydream about what he's like in the bedroom.
- When he cancels a date, you don't get overly upset.
- You find that you are trying to logically think of reasons why this guy could be great in a relationship, rather than feeling an uncontrollable jolt of attraction for him that you can't fully explain.

There's a short but powerful way to describe guys like this.

Perfect on Paper

They are the kinds of guys that sound fantastic on paper, but when it comes to a spark there simply is none. It doesn't mean they are bad people, it just means there is no chemistry.

Some women feel that if they just go on a few more dates with this "Perfect on Paper" guy, then the chemistry or spark will eventually develop. Most often, this will lead you to wasting months and sometimes even years dating a guy and investing your time in

him hoping that the chemistry will eventually develop, when you could be searching for a guy who does give you these intense feelings.

Do keep in mind that sometimes chemistry does take time to develop, especially if you are both nervous on the first date or two.

So, what should you do?

Should you stop returning his calls if you don't feel any chemistry after the first date or should you keep dating him for months in the hope that the chemistry eventually develops?

Here's my advice: Give it a maximum of four dates for the chemistry to develop. After four dates with no chemistry whatsoever, my advice is to end it. Why? Well, if you aren't feeling anything after the fourth date, then you're not going to feel it after the fifth, sixth or seventh dates.

Also, keep in mind that sometimes you won't start feeling the chemistry and spark until the second, third or fourth date because one of you was a bit nervous on the first date.

UNDERSTAND THAT GUYS WILL CATEGORIZE YOU

It can be very frustrating when you hear a guy comment that, *"All women who wear heels are sluts"* or that *"Any woman who wears a cardigan is definitely a wet blanket"* or *"Women in sororities are just looking for husbands"* or *"Women that get plastic surgery are usually gold diggers."*

It's ridiculous to have these kinds of beliefs. The crazy thing is that everyone has them to some degree. I've gotten messages from women saying things like, *"I should have known that all frat guys are complete douchebags"* or *"You may want to tell your readers to avoid guys under 25, all they want is NSA* sex"*.

*NSA means "No Strings Attached," as in no strings attached sex.

Of course not all frat guys are douchebags, even if there happens to be a lot of douchebags in fraternities. And, of course there are guys under 25 who are looking for serious relationships, even though many aren't.

We all tend to categorize people. Sometimes we categorize people by things they can control like how they dress, where they hang out, who their friends are or what their hobbies are. Often, it's by things that they can't control. These are things like their background or height. Quickly and instantly categorizing someone is an often frustrating fact of life, whether you like it or not.

I'm talking about a “first impression” or “judging a book by its cover.” We all do it, even if we'd like to think we don't.

So, why not use it to your advantage?

I'm not necessarily talking about "dressing just to find a guy," but I am advising that you pay attention to the things that are easy to control. Things like:

- Maintaining a healthy weight.
- Staying physically fit.
- Dressing to impress.
- Smelling great.

Taking care of these kinds of things ensures that you'll always make a great first impression with any potential guy. Plus, looking great naturally adds to your confidence.

As for the things that you can't control, if a guy doesn't like you for who you are, then he doesn't deserve you.

IT DOESN'T ALWAYS WORK OUT - PART 1

One aspect of dating and relationships that really kills me is when things don't work out as you planned or hoped **and it's not your fault**. You can do absolutely everything right with a guy and he can still not want a relationship or break up with you or cheat on you. There's pretty much nothing more frustrating than this, right?

Here are a few common examples:

● You meet a great guy, go on a few incredible dates with him and get on like a house on fire. But then suddenly he stops calling, texting and communicating with you completely. When you do eventually get through to him, you find out that he's gotten back together with his ex-girlfriend...obviously this isn't a case of you doing anything wrong.

● You meet another great guy, flirt like crazy and go on some really fun dates with him. Everything about him seems great, except the fact that you only ever seem to have surface level conversations with him. Every time you try to connect on a deeper level, he just does something goofy. He's completely unavailable emotionally. Again, you haven't done anything wrong in this situation.

● You meet yet another seemingly great guy, connect on a deep emotional level and get on with him incredibly well too. There's no ex-girlfriend and he is emotionally available, but after a few months of dating, you discover that he has been cheating on you. Again, it's completely not your fault.

I made all of these examples quite obvious and extreme to drive the point home, that even though you can do everything right when meeting and dating a guy as well as when you're in a relationship with him, things can still not work out as hoped.

The key thing in all of this is to try get over the disappointment and frustration as quickly as possible so that you can start moving forwards and towards getting the kind of guy you want. You may even realize it's a good thing to find out early if things aren't going to work out, so that you can just cut your losses and quickly move on.

GETTING INTO A RELATIONSHIP IS JUST THE BEGINNING

Some women are so eager to get into a relationship, that they aren't nearly as concerned with making the relationship work or even finding the right guy for a relationship. They consider having a relationship as the end goal, instead of considering the objective to be finding a great guy with whom they have chemistry and is someone that they have lots in common.

Getting into a relationship should never be seen as the objective. Instead, being in a relationship that is **mutually satisfying and exciting for both of you** should be the objective. So, starting the relationship is just part of the target goal. The other part is making sure that you are both working on it so it stays on the course you want it to be on. This requires a number of things:

Having shared interests - Having shared interests with your man is vital to making your relationship thrive. A lot of people think that a shared interest has to be something that encompasses your lives, like both working for the same company or both spending your weekends camping out in the wilderness. Thankfully, your shared interests don't need to be so intense. They can be as simple as watching a show on Netflix together or doing yoga as a couple.

Getting what you want out of the relationship - Different people get into relationships for different reasons. Some want to be in a relationship because they just

want great sex, but hate the idea of one night stands. Others get into relationships because they want companionship. And many people seek a relationship because they are deeply attracted to their man and want to spend more time with him.

It's crucial when you do get into a relationship with someone that you both know what the other wants and expects from it. This will prevent a huge amount of heartbreak, frustration and wasted time further down the line. With that being said, it can be a bit awkward and stunted if you are super direct about this. So, you will find that it works better to slowly tell him what you want out of the relationship and find out what he wants over the course of a few dates. This way, you'll covertly be able to find out if this guy will make for a good relationship or a terrible one.

I'll talk more about making sure you're both in the same mindset later on in the section on aligning your goals.

Spotting and correcting bad behaviors early - If you're in a relationship with a great guy, but he constantly does something that annoys you like making fun of you in front of his friends or is rude to your friends and family, then you need to nip this behavior in the bud. If you don't, your man may start to think that it's perfectly acceptable and may even be surprised when you bring it up later on.

Just remember that this works both ways! If there is something you do that you know seriously turns your man off or annoys him, then you need to identify it quickly and then try to stop doing it. Again, the longer you leave it, the more frustration and annoyance it will bring to your relationship.

By now, I hope I have convinced you that having a great relationship and working on it is much more important than just jumping into the first possible relationship as quickly as possible. The next section of the book is where I go into detail on more of

the specific things you can start doing in your relationship to make sure it thrives and remains satisfying for both you and your man.



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HAVING A ROCK SOLID RELATIONSHIP

Most great relationships start for the same reasons:

- Mutual attraction, whether that's physical, emotional or a combination of both.
- Shared interests. Think hobbies, activities or even work.
- You are both at a stage in life where you are looking for a relationship.

I know that it's quite cold describing the reasons why most people begin a relationship like I've just done above, but if you ask a friend, they'll probably tell you that they just liked him or wanted to spend more time with him or that they both just "clicked." They'll usually give you a few different reasons.

Ok, we now know why relationships start. The real question is: **Why do some relationships thrive while others fall apart?**

Well, that's what this section is all about. It's going to show you how to make your relationship with your man flourish, not merely survive. The techniques, tactics and advice in this section are of vital importance to making your relationship thrive. Think of this advice as "must haves" for any successful relationship. These are things like:

- Making sure you both have the same major life goals for your relationship.
- Keeping the level of attraction between you and your man high by using some surprisingly easy and fun techniques.
- Maintaining your independence.
- Compromising when necessary, but not sweating the small stuff.
- Fighting for the **right** reasons.

There's quite a number of different areas that I will be covering in this section, so keep in mind that Rome wasn't built in a day. It's going to take a while to implement all the advice in this section.

But if you strive for constant, consistent improvement (more on this in a later chapter, you will get the results you deserve.

DREAMS & REALITY

Having talked to thousands of students, I've begun to notice a pattern when it comes to describing their dream guy. He is:

- Tall.
- Handsome.
- Funny & charismatic.
- Has a killer body.
- Gets more handsome as he ages.
- Is well hung, but not too well hung and knows how to push your buttons in the bedroom.
- Loves meeting new people but prefers spending time with you.
- Is wealthy enough to provide for your every need.
- Loves doing the same things you love.
- Runs his own business or works in a job that allows him to spend lots of time with you and your family.
- Your friends love him and are even a little jealous of your relationship.

- **He has the same goals and aspirations in life as you do.**
- Is there for you when you need him.
- Doesn't sweat the small stuff, but is very concerned with the more important things in life.

There are a few more things I could throw in there, but I think you get the idea. And just like most women have a dream guy, most guys have a dream woman. She is:

- Tall.
- A model.
- Is super wealthy.
- Loves nothing more than watching sports with him.
- Has a near insatiable sexual appetite & wants to fulfill his every sexual fantasy.
- Never seems to age.
- Agrees to his every suggestion.
- Is a world class cook.

The one thing that your dream man and this dream woman have in common is that **neither of them actually exist**. You can certainly find people close to this ideal, but for all the billions of people on the planet, these perfect people simply do not exist. The problem is TV shows, glossy magazines and some celebrities would like you to think that they do exist and that your life will suck if you don't find this perfect guy.

These things can make you feel that if you're not in a relationship with the "perfect guy" or celebrating your anniversary by flying on a private jet to a villa in France that's staffed by 20 people, you have a terrible relationship. Reality is much different. People have flaws. And relationships have flaws. It's dealing with these flaws that defines whether or not you have a wonderful relationship.

If you approach your relationship with the mindset that it needs to be perfect and flawless, like the perfect man and woman above, then you are setting yourself up for failure and disappointment. Instead, if you approach your relationship with the mindset that there will be good moments, fun moments and some perfect moments, along with some frustrating moments too when unplanned things happen, then you're going to find improving your relationship a whole lot easier.

I know that this may not be the advice that you want to hear, especially at the start of the relationship section. You may be wishing that I could just give you some magic pill or line or technique to suddenly fix any problem in your relationship, but unfortunately, there is no magic pill.

Great relationships take work.

BE PROACTIVE WITH YOUR PROBLEM SOLVING

In many countries, after a massive natural disaster like heavy flooding, you always hear these heart-wrenching stories from survivors.

One type of story is always about the family who didn't prepare or take precautions for the impending flood. They simply reacted to the flood when they noticed things were getting out of control. Perhaps it wasn't until water had started to seep under their door that they decided to take action. These people literally waited for a disaster to arrive on their door step before taking action. At this stage, they didn't have enough time to save their cars, houses or their most valuable possessions.

I refer to this type of people as being "*reactive*" because they wait until something happens to them and then react to it.

Another type of story you often hear during these disaster floods is about the family that has prepared for it ahead of time. They had flood insurance and they moved all their valuables like their cars, pets and computers to a safe place that was protected from the flooding.

I refer to this type of people as being "*proactive*" because they take the necessary precautions to make sure that unstoppable disasters don't have much effect on them.

You probably already know the point I'm trying to make here...being proactive is a much better strategy to have when dealing with problems in life. It makes difficult

things easier to handle simply because you're already prepared for them and are expecting them. Of course, the only downside with being proactive is that it requires effort...but **everything worth having requires effort.**

So, I'm asking you to be proactive with your relationship and love life.

Now, you're probably wondering how you can apply this principle of being proactive to your relationship. The basic premise is that you need to try to prevent things like fights, blow ups and other negative behaviors in the relationship by nipping them in the bud and doing things so that they never arise. Here are some examples:

● Small behaviors or habits from your man can sometimes become very irritating over time. If you find that your man always leaves the toilet seat up or always leaves crumbs on the floor after eating snacks, don't let the annoyance of it slowly build up and cause you to eventually blow up. Instead, be proactive and let him know it's bothering you. One way to do this is by being direct with him: *"Hey babe, don't forget to put the toilet seat back down when you're finished in there."* Another way is to be lighthearted about it. So, you could try giving him a playful smack on the butt and say, *"That's for leaving the crumbs on the floor again. You're such a bad boy, I don't know what I'll do with you."*

● If you are having a child together or planning a major purchase or making any financial decision that can affect you years down the line (think repayments or supporting a child), it's important to have a plan in place if you suddenly find that you and your man don't have the same finances as you once did. What sacrifices are you both willing to make and which ones are you **not** willing to make? Calmly discussing these scenarios now and having a plan in place (even a loose one) is a much better decision than pulling your hair out about them when one of you loses your job or finds that sud-

denly you can't afford the lifestyle you once had. Money is one of the biggest reasons for divorce, after all.

Of course, you also need to be proactive with praising your man and recognizing when he does things that improve your relationship and bring you closer together.

If you notice that he is working extra shifts so that you can have an extra week of vacation together, make sure to show your appreciation.

Or if you discover that he has started to eat healthy and lose excess weight, don't be afraid of lavishing him with praise and encouraging him to keep going.

Unfortunately, being proactive about solving the problems in your relationship isn't the sexiest technique for improving your relationship, but if you can be at least a little more proactive about the things you feel are important, your relationship will benefit in the long run.

THE PERFECTLY HAPPY, BUT ACTUALLY UNHAPPY RELATIONSHIP

If you're like me, then you probably have at least one friend who likes to pretend that she has the "perfect life" and everywhere she goes she subtly reminds people about this "perfect life."

Perhaps she posts pictures up on Facebook or Instagram or other apps and sites of herself having a "life-changing" holiday or hanging out with her "perfect boyfriend" or doing something that only serves to make other people jealous.

But if it's not something getting posted online, then maybe she's telling you in person about how great things are going in her new job while subtly letting you know that her life is awesome and that maybe yours isn't nearly as great as hers.

We all love to tell our friends about our accomplishments, share our successes with them and put our best foot forward. It's completely natural. It's also completely natural to show others the best side of ourselves.

However, when you stop simply putting your best foot forward, but instead put a fake veneer on your life, then it starts becoming a bit unnatural and unhealthy. You can start finding yourself doing things that no longer improve your life, but merely improve the veneer to your life. It's like spending all your money to buy a wildly expensive but im-

pressive car so you can show it off to your friends, when you could have used that money to buy health insurance for your kids.

Of course, if you can easily afford both the car and health insurance and buy both, then you're not pretending that you can afford the car.

The point I'm trying to make is that putting the veneer of perfection on your relationship or making people think that you are doing better than them when in fact you are struggling can put unneeded pressure on you and your relationship. **Putting pressure on your relationship like this means that you will start making decisions that are good to protect the veneer of your relationship, at the expense of what's actually good for your relationship.**

Always put your relationship first.

IT DOESN'T ALWAYS WORK OUT - PART 2

It Doesn't Always Work Out - Part 1 was where I discussed how some things are outside of your control when it comes to meeting and dating a guy. This rule is just as important when trying to have a rock solid relationship.

When you're in a relationship and things aren't going as you want them to, it's super frustrating, especially when it's not your fault. But it's a fact of life.

Things can happen to you and your man that you don't have any control over and it can negatively affect the course of your relationship. These are things like:

- One of you having to move away due to a new job or promotion.
- When a loved one passes away or gets very sick, you may find yourself spending all your time caring for them and have no time to look after yourself or the relationship.
- When you or your man becomes sick and it impacts your normal day-to-day functioning.
- When one or both of you loses your job or receives a reduction in salary.

These are just some obvious examples and there are more potential disasters that can happen to you and your relationship that aren't your fault. They're all incredibly irritating and what's worse is that they usually come out of nowhere.

The key to dealing with them is recognizing that everyone has these kinds of horrendous moments in their life and that they are unavoidable. While some experience more of these moments than others, nobody gets off "scot free."

When you recognize and understand that there will be some unavoidable, uncontrollable disasters that will hit your relationship, that aren't your fault, it can be incredibly freeing. So, rather than constantly worrying about making the relationship perfect all the time, you can start to just enjoy the ride. You'll know that when something crummy happens, it's most likely not forever and that over time it should pass.

Additionally, something really interesting happens when you and your man can power through one of these disasters that are outside of your control...**You'll both come through it with a more powerful bond than before the disaster.**

THE GOOD KIND OF FIGHTING

You know those people who claim that you can have a relationship completely free of fighting. Ugh...I want to punch them!

It's ridiculous. Even the best kinds of relationships involve some fighting and compromise (more on compromising later). However, not all types of fighting are good for your relationship. Here are some examples of the bad types of fighting:

Physically fighting - There is something seriously wrong with your relationship if you find that you are physically fighting with your man.

Fighting intensely over inconsequential things - There is nothing productive about getting into intense fights with your man over small, meaningless things. I'm talking about things like where you sit at a table at a restaurant or what color the collar should be for your dog or what type of protective case you should get for your phone.

Passive-aggressive fighting - Being passive-aggressive with someone isn't constructive. The only thing it does is undermine you and your relationship. Yet, so many couples fall into the trap of being passive-aggressive, because they're afraid of being direct with each other.

The good kinds of fights are completely different. They are about things that are important for both you and the relationship. Here are a few examples.

Where you should live - Deciding where you live together is a massive decision that dramatically affects your finances and social life for years into the future, as well as your partner's social life and finance. It's not something you should leave up to chance or completely in the hands of someone else. Fighting and reaching a compromise on this with your partner is vital.

What your shared plan is for the future - Deciding if you both want to have kids, if working or traveling is more important to both of you or even where your kids go to school are monumental decisions that need to be discussed at length to make sure that you reach a compromise that you are both happy with.

How you should treat each other - It's vital to let your partner know if you don't like how he is treating you in certain situations, especially early on in any relationship. There's no reason to have a full-fledged fight about it, but it is critical that he knows you have certain standards and expect him not embarrass or disrespect you.

If you only get one thing from this chapter, it's that you should fight about the big, important things and not sweat the small stuff.

Making Your Fights Productive

Having a screaming match in public is almost always a terrible idea and usually won't lead to any productive changes or compromises. Fortunately, there are a few simple ways that you can make your fights productive...

Do it in private - Arguing with your man in private, away from prying eyes is going to make it much more productive. This way you will both be focused on each other and won't be so worried about what others might be thinking of you.

Avoid getting overly emotional - Often you can get into a fight where you completely lose your cool and start acting on your emotions and instinct. For some this is a defense mechanism, but for others, it happens when they are hungry, tired or already stressed out. Regardless of how or why it happens, having arguments that get overly emotional and aren't rational are almost always counter-productive. If you find yourself getting overly emotional in an argument, then take a break until you've got a clearer head.

Have a clear goal in mind - Reaching a compromise or agreement should always be the conclusion of an argument. Proving that he's an idiot or that he was wrong or just trying to get your way no matter what is not the right kind of goal as it's not particularly useful for improving your relationship. Reaching a compromise or agreement and moving forward is.

It shouldn't always be one way - If you find that your man always insists on you agreeing with him or vice versa, then there may be an unbalance in your relationship. Great relationships aren't about one partner always caving to the other's demands. It's about meeting halfway.

Take your time - Discussing issues that affect the long term health of your relationship shouldn't be something that happens for five minutes and is over as quickly as possible. Making these kinds of decisions requires time for reflection to make sure both you and your man are making the right decision.

The two final things I have to say on fighting with your man are that:

1. You will inevitably have fights over tiny, silly things. One of you will already be intensely tired or stressed and some small comment will push you over the edge or there

will be a simple misunderstanding or miscommunication. It's unavoidable, but the key thing is to quickly move past it and not to let it simmer.

2. The make-up sex can be incredible! When you are intensely and passionately fighting with your man, your emotions and senses are naturally going to be a little more on edge than normal. This is why sex after a fight can be so intense. Just make sure to avoid fighting excessively just for the make-up sex (it can be very addictive!).

COMPROMISING

Every great relationship involves making compromises. This means compromising some of your dreams, aspirations and desires. Discussing and making compromises can be frustrating and sometimes even a little draining, but it's important to do it when it benefits the relationship. Here are a few examples of compromises.

- After both of you having worked hard during the week, your man may be keen to go golfing every Saturday and Sunday while leaving you to look after the kids. If you also wanted time off from the family to hang out with your friends or just go to the gym or go golfing yourself, then asking your man to spend one day during the weekend going golfing and that he spend the other looking after the kids while you take some time off is a fair compromise. Naturally, if you don't mind him golfing and enjoy spending time with the kids, then there is no compromise to make.
- If you find that your man spends hours playing video games every evening, and you are getting frustrated that he doesn't seem nearly as keen to spend time with you, then talking to him to reach a compromise is important. You may both find that limiting how long he plays video games to be a good compromise. Another compromise could be playing video games with him.
- If your man comes to you and tells you that paying for your membership to a fancy gym or health club is taking too much from your shared finances, then you could suggest a compromise of cutting back in another area of your finances or even downgrading to a cheaper gym or health club.

All of these compromises seem pretty reasonable and fair. That's the whole point to compromising in your relationship. You need to keep things balanced and fair for both you and your man, and compromising is the perfect way to do that.

Sadly, there is a dark side to making compromises. Some people end up in relationships where compromises are replaced with their man's wishes, wants and desires only and any compromises are simply their man's desires disguised as compromises. The opposite is also sometimes true where the woman in the relationship insists on always getting her way. Here are two examples:

- If you come to your man and let him know that you want to spend more time alone with him each week and propose that he take two hours out of his week to spend with you, then perhaps a fair compromise would be promising to spend an hour alone together each week. However, if he tells you that he will spend two hours alone together on the condition that you get a job, then you can probably guess that this is not a fair compromise at all.

- Let's say you are trying to organize a vacation abroad with your man and he is not so keen. So, he proposes a compromise: If he agrees to go with you on a vacation, then he is allowed to get a "hall pass" and have a one-night stand with a stranger while on vacation. If you are not interested in sharing your man with anyone else or partaking in the swinging lifestyle, then obviously this is not a fair compromise. A much fairer compromise would be allowing him to choose where you spend your vacation the following year.

Clearly, there are fair compromises where both you and your man benefit to some degree from them like in the first three examples, but there are also compromises that only benefit one partner like the last two examples. Keeping your relationship balanced involves agreeing in the middle most of the time.

There will also be the rare time where you go out on a limb to accommodate your man and other times when he does the same for you, but for the most part, you should aim to keep your compromising balanced.

The best way to keep it balanced is by ensuring you are honest and forthright with each other about what you expect and want, while also understanding that it's impossible to have your way every single time. This way you can quickly reach compromises and meet in the middle without having to argue excessively.

If you decide that instead of being honest and forthright with your man, you are going to be more cunning, shrewd, passive-aggressive and try to trick your man into giving you exactly what you want without taking his wants and needs into consideration, then you are going to find your man doing the same. Doing this will quickly plunge your relationship into a spiral of negativity and you'll just end up resenting each other.

A good rule of thumb when compromising with your man is that if you start sounding like a politician, you are probably **not** being honest and forthright!

The last thing to mention about compromising is that often you don't need to compromise with your man, especially when it's over small things. Often times, you'll find that you prefer to see your man happy and content by doing something that only benefits him. And, you'll probably find the reverse true as well, where he enjoys doing things that only benefit you.

ALIGNING YOUR GOALS

At the start of this section, I talked briefly about the difference between starting a relationship with a guy and making that relationship thrive.

To start a relationship you need a lot of things, but most important is both a mutual attraction as well as enjoying spending time together. Thankfully, it's pretty easy to find someone that you have a mutual attraction towards and like spending time with. Unfortunately, it's not quite as easy to go from starting it to making your relationship truly flourish.

One thing that will dramatically improve your relationship and help it to blossom is having shared life goals and aspirations with your man. When you and your man both have a goal or aspiration that you are working towards and putting all your effort into, you'll become closer, more effective as a team and will naturally support each other to achieve this goal. This is perfect for solidifying your relationship with your man.

If neither of you have any shared goals or aspirations, then you'll find that you are both pulling in different directions, and of course, this isn't ideal for your relationship.

Imagine if his life's ambition is to own a garage full of sports cars, while yours is to pay for your kids to go to a private school and great college. It means that he'll be saving every spare dollar to pay for his car collection, while you are trying to save to pay for your kids' education.

Obviously, it would be better if your man had the same goal and was also saving to pay for your kids' education. Not only will it be easier for you to achieve, but it will naturally bring you closer together where you're on the same team, fighting the same fight together.

Choosing these goals is also a team effort. They can't solely be your goals and they also can't be only his goals. Thankfully, they'll often be the same goals anyway. Here are some examples:

- Raising happy, healthy kids.
- Adequately planning for retirement.
- Traveling for at least one week per year.
- Being debt free in 5 or 10 or 15 years.

You may already know both his and your longterm goals. If so, great! If not, then it's a good idea to talk to him and decide together what they are. There are a few crucial caveats to keep in mind when figuring them out.

1. Not every single goal needs to be shared by the two of you. Ideally, most of your major life goals and aspirations will be shared.
2. As a corollary to the above point, if some of your smaller goals aren't shared, it's not a big deal at all. If he insists on spending a few extra dollars each month (say \$50) so he can be a member of a golf club, is it going to ruin your relationship in the long term? Probably not. In other words, try not to sweat the small stuff. Of course, if you really are tight with cash, then \$50 isn't something small.

3. Discussing your long-term aspirations and goals for your life and relationship is important to do when you get serious with a guy, but focusing intensely on them at the very beginning of a relationship can put a guy off. My advice is to wait at least a few weeks **and** make sure that you are both serious about the relationship first.

4. Be prepared to compromise. Every great relationship involves at least some level of compromise between partners.

CHECKING IN

When I was a kid my mom would “check in” with me every once in a while to make sure everything was going ok at school, to make sure I was keeping my grades up and that I was getting my homework done. She just wanted to make sure I was on track to do well. If she never checked in, then I would probably have been less focused and less concerned with how things were going in school and most likely I wouldn’t have done as well as I did.

Using this approach of checking in is a great way to make sure that your relationship remains on track and is going in the direction you want it to go in. It also means that you’ll be able to quickly identify any problems and nip them in the bud before they blow up and create serious consequences for your relationship. Just assuming that everything is ok and that there is nothing wrong is a recipe for disaster.

So, how should you check in with your man in a way that benefits your relationship?

The easiest way to do it is to spend some time alone with your man every week or every two weeks when you are focused only on each other. This means no TV, phones or laptops. Just each other. One way to do this is by going for a walk together on a trail or if you are more time-poor, then you can do it while driving together or when you’re in bed together.

It's as easy as asking your man questions and simply listening to him and then empathizing with him. Once he's finished telling you how he's doing, he will hopefully ask you similar questions in the natural course of the conversation.

If he doesn't ask you similar questions, then you can just tell him how you're feeling by answering the question you've just asked him and telling him how you're doing. These are a few questions you could ask your man:

- How's your week going?
- How's work going?
- Is there anything stressing you out?
- How did that meeting/game/interview/performance review/another important event go?
- Is there anything bothering you in the relationship?

You can also ask him questions about your shared goals:

- Are we still on course to save X amount of dollars this month?
- How are the kids doing in school?

It's absolutely vital that when you are checking in with your man that it's natural, open, honest and comes from a place of caring and concern. In other words, it needs to be a conversation about how he is feeling. You shouldn't be "interviewing" him or grilling him.

To do this, you need to schedule some time to check in with him, but at the same time you don't want it to be forced, which means that you need to be tactful the first few times you do it.

Simply ask him to spend a little time alone with you, so you can just chat without being distracted. As you are chatting with your man, you can start to check in with him and see how he's doing. Once you do it a few times and you both see how good it is for the relationship, each subsequent time will be easier, especially if you make it a positive experience.

While checking in with your man is great for keeping your relationship healthy and on track, another benefit is that it lets your man know that you care deeply about him.

PASSIVE-AGGRESSIVENESS: THE SILENT KILLER

Passive-aggressiveness really is a silent killer in relationships. It's the opposite of having a big fight or causing a big scene with your partner. It's showing your man that you're angry with him by indirectly annoying him, frustrating him or antagonizing him. Many people who aren't comfortable with being openly angry or direct often resort to passive-aggressive behavior. These examples of passive-aggressive behavior will give you an idea of what I'm talking about:

- Feeling annoyed with how your man is treating you, so instead of talking to him about it, you pretend to forget about your share of the housework.
- Say you want to bring your man shopping because his clothes are terrible and old. But instead of your man being direct and telling you that he doesn't want to do it, he goes along anyway. He then proceeds to roll his eyes at every suggestion you make, he begrudgingly tries on clothes you suggest and then "forgets" a bag of clothes in a changing room when you are leaving.
- You plan on attending a surprise anniversary party for your parents, but your man doesn't get along with them as well as you do. He could be straightforward with how he feels about everything and suggest a solution so that he spends a minimum amount of time at the party. But instead he tries to delay you getting to the party, sits sulking alone in a corner once he's there and when you ask him if everything is ok, he sarcastically says, "Yeah, everything is fan-tas-tic."

People don't just one day decide that they want to be passive-aggressive. It's something that builds up over time and for many reasons:

- Some can feel that their man is not listening to them or respecting them.
- Some severely dislike directly confronting people when they are annoyed by them.
- Some people understand that it's not socially acceptable to be openly aggressive towards someone they dislike (like in a workplace for example), and realize that they can subtly undermine them by being passive-aggressive.

When you or your man become passive-aggressive in your relationship, it won't have many effects at first. In fact, most people just brush it off. But as it becomes a part of daily life, it will slowly erode all the good feelings and emotions between the two of you, leaving many couples feeling bitter about each other.

Often, neither partner even knows what happened to change their relationship from a fun and loving one to a broken one because passive-aggressive behavior usually rears its ugly head very slowly. This is why it takes serious vigilance to notice and prevent yourself from becoming passive-aggressive.

Dealing with other people's passive-aggressiveness isn't always super straightforward either. Here's what I recommend you do when you notice your man being passive-aggressive (and men are often the worst culprits for being passive aggressive):

Be direct, empathize and offer a positive solution.

If you notice him sulking about something like having to do chores around the house, when he could be watching his team on TV, don't just brush it off. Politely ask him again.

Tell him that you understand how it's a bit annoying having to do chores, especially when it means that he can't watch his team play. Then, tell him that if he gets them done, you'll do him a small favor like bringing him a beer when he's watching the replays or even go down on him for getting them done.

If he doesn't respond well when you empathize with him and offer a solution, then you need to be direct and let him know that you don't appreciate his behavior, especially when he can't just be direct with you. As always, there's no need for a big confrontation and blow up, but you do need to let him know that it's annoying you while remaining level-headed.

If you find that you are being passive-aggressive in your relationship and you want to stamp it out, then it's much easier. It's a case of recognizing and catching yourself when you are being passive-aggressive. Then just frame what you disagree with (or want from your man) in a direct, non-confrontational way.

NEVER STOP FLIRTING

Flirting is one of the cornerstones to having a deeply satisfying and enjoyable relationship with your man. While you can definitely make any relationship survive without doing much flirting at all, you'll find that **without flirting, there's no spark and little excitement.**

But when you do flirt a lot with your man, you'll naturally want to spend more time around each other. This isn't just because flirting is fun. Flirting also builds sexual tension with your man and keeps him on his toes (more on that in a bit), as well as keeping him attracted to you.

You may even know a couple who are much older that still flirt with each other and are constantly doing things that make each other smile and laugh. You can instantly tell that they are still crazy about each other and are having a lot of fun in their relationship. For most people, having this type of deep, fun connection with their soulmate is far more important than money or professional success, yet many couples never get to experience it.

As many relationships progress from the initial stages of getting to know each other to becoming more stable, flirting often falls by the wayside. It doesn't happen suddenly, but is a more gradual process which means that it often isn't noticed by either partner. So many couples slowly stop sending each other funny messages and pictures and don't joke around with each other as much as they used to. It's not because they've made a conscious decision to stop flirting, it just seems to happen by its own.

The only way to prevent it from happening is to be proactive, not reactive. You need to make the effort to keep having fun with your man and to keep flirting with him.

There's a bunch of ways to do this:

● **Do what worked at the start of the relationship** - Think back to when you first started dating your man and what kind of things you did to flirt with him. Maybe you teased him a little more than you do now or maybe you do certain things to get him all riled up. Perhaps you did something that was more on the dirty and naughty side, like sexting him or even sending him nude pictures.

● **Teasing** - Teasing your man is a fantastic way to flirt with him. If you haven't done it much before, just think of how an older sister would tease her younger brother...She is just doing it to have fun, not to make her younger brother upset. It's really similar to how puppies play fight with each other, never serious, but always having fun.

So play fight and tease your man by picking up on inconsequential things that he does and making light of them, joking about how you can perform certain tasks perfectly when he has trouble doing them and pretending to be super angry and frustrated when he makes mistakes. Just remember that it's all in the name of having fun.

● **Physical flirting** - Physically flirting with your man is also quite similar to the play fighting that puppies do, never serious and always fun. Physically flirting could involve playfully bumping into your man when you're both walking down a corridor together or even just having a thumb wrestle/war with him. Another great way to physically flirt with him is to wrestle in bed, which can be especially fun if you're both into dominance and submission play.

● **Challenge him** - The previous three bits of advice can sound a little juvenile for some folks. I want to let you in on something...that's the point. They're supposed to be juvenile and silly and fun. They're not supposed to be serious at all. But some couples prefer a more intellectual form of flirting. Challenging him on assertions he makes is a perfect form of "intellectual flirting". When he remarks on something about the economy that you don't fully agree with, challenge him and tell him the facts. Bonus points for doing it in a witty way. Of course, you can also challenge him on less serious things too. Things like why he supports such a lousy football team, why he has no fashion sense and why he insists on eating such unhealthy food.

SEXUAL TENSION

As I mentioned previously, flirting can help to build sexual tension between you and your man. But what is sexual tension exactly? It's certainly not a physical attribute that someone has like their height or weight or how strong they are, although these things can help to build it. It's also not something like voice tone or eye contact or how a guy touches you, yet these are also things that can help your man to build sexual tension with you. Sexual tension is a feeling and emotion. It's those butterflies you feel in your belly for a guy you are super attracted to, that feeling that makes you want to rip a guy's clothes off and have your way with him or for him to have his way with you.

I don't need to spell it out, but just in case it's not totally obvious, a relationship without some sexual tension at least some of the time is not nearly as fun as a relationship where you are constantly feeling bolts of sexual tension. And in some extreme cases, guys can cheat because some other woman has created sexual tension with your man and he's acted on it...definitely something you'll want to avoid.

When you're first getting to know a guy, sexual tension will naturally build as he is thinking about you, trying to figure you out and waiting to hear from you, unsure of whether or not you are as crazy about him as he is about you. The buildup to the first time you get intimate with him is also going to naturally lend itself to creating sexual tension: the first time you kiss, and the first time you have sex.

As your relationship progresses and you get more comfortable with each other, the sexual tension is naturally going to fade. You'll know each other well enough that you will

come to expect a lot of each other's behaviors: there will be less uncertainty and less fascinating things to find out about each other. Stability and thoroughly knowing one another is obviously a good thing for the long-term health of any relationship, but not if it destroys all the sexual tension.

Obviously you don't want to lose the sexual tension in your relationship. So, how do you create it with your man, especially if it's naturally faded over the years? I've dedicated *Firestarter: How To Create Extreme Sexual Tension* to the art of building sexual tension, so if you picked it up, then you have a complete toolbox of ideas that you can start using. If you haven't, then here are a few things you can start using to build sexual tension:

● **Sexual Teasing** - One kind of teasing, like I just discussed when you're flirting with your man involves a sort of play fighting and having fun with him, like how an older sister would tease her younger brother. However, there is a completely different type of teasing that you can use on your man to build sexual tension that I like to call sexual teasing.

When you sexually tease your man, you are simply dangling something sexual in front of him that is going to happen later, but isn't going to happen right now. It could happen later in the evening or later in the week...

So, you could send him a message telling him, *"Can't wait to see you later...I'm going to blow your mind xoxo"* or *"Can't stop thinking about doing naughty things to you, ugh I wish we didn't have to wait for the weekend ;)"*

Or you could send him a picture of you wearing something revealing, captioned with, *"something for later"* or *"what do you think?"*

If you are both at a party together, you could whisper this in his ear, *“I’m dying to get you home”* or *“I wish we weren’t at this party when I’m feeling so damn horny”*.

The key to sexually teasing your man is to **change the subject as if nothing happened** right after you say or text something sexual to him. And when your man tries to bring the conversation back to what you said, just act as if it’s no big deal and don’t reveal anything else. It will send his mind into overdrive, perfect for building sexual tension.

● **Being Mysterious** - An important aspect to focus on when building sexual tension with your man is being mysterious. When you’re somewhat mysterious about what you say and what your intentions are, your man’s mind is naturally going to fill in the blanks and try to figure out what you mean.

So, when you tell your man, *“After work today, when you get home and have a shower, I’m going to give you a back massage for 10 minutes and then once the massage is finished I’ll give you oral sex using these three techniques I learned from the Bad Girl’s Bible,”* you’re not being particularly mysterious and there is no room for your man to fill in the blanks and wonder what you meant.

But, when you tell him, *“I’ve got an oral surprise for you later,”* it’s mysterious enough that he won’t be fully sure of what you meant. It sounds like you’re talking about a blow job, but you could also be talking about surprising him with a new toothbrush or even a trip to the dentist.

Just like with sexually teasing your man, if he tries to get you to spill the beans and be more specific, just change the subject as if nothing happened. Of course, you also don’t want to be so mysterious that your man never has any idea of what you’re talking about. In other words, try to keep Being Mysterious in the realm of flirting only.

● **Building Anticipation** - Building anticipation is another powerful component to building sexual tension. It has a little bit in common with being mysterious, but it's still somewhat different. To build anticipation with your man, you need to plan for things way ahead of time.

Even if you are planning a naughty weekend with him, rather than just planning it and then forgetting about it until the weekend arrives, you can effectively build sexual tension by creating anticipation in your man's mind.

You could send him a photo a few days in advance of a toy you plan on using during your naughty weekend or you could ask him if he'd prefer to see you in black or white lingerie during the days away. It doesn't matter how you build anticipation in your man's mind, provided that you do it. As you build anticipation, you'll notice that your man acts a little more interested and eager than usual.

As you use these techniques to build sexual tension and experiment with them, you'll quickly learn which ones are most effective and which ones aren't working as well. Don't feel that you need to keep using the ones that don't work so well. Just focus on using and expanding on the techniques that are working to build sexual tension.

RANDOM LITTLE THINGS

As I mentioned earlier, when the flirting and sexual tension in your relationship naturally fades and gets replaced with comfort and routine, things have the potential to get boring, which we all know can sometimes be a killer blow to an otherwise great relationship. Another great antidote to boredom and to keep your man eagerly engaged is to do “Random Little Things” for each other.

Random Little Things??? What the heck?

Random Little Things are exactly as they sound. They are small acts of love and kindness that you can do for your man without being prompted, which means these need to be things you do for him that are completely unexpected and catch him by surprise. Here are a few examples:

- Secretly buying your man some beer and his favorite snacks before watching his favorite team play an important game together.
- Cooking him one of his favorite meals for dinner when you know that he’s having a tough week.
- Quietly organizing a surprise birthday party for him, inviting his best and closest friends to it, while making him think that you actually have something else organized.

Naturally, these things are going to put a massive smile on your man’s face and they are also usually very easy to pull off, except maybe planning a surprise party for him.

There are additional benefits to doing random little things in your relationship besides simply putting a smile on your man's face.

- They remind him of how much you care about him.
- They remind him why you're such a catch.
- They usually catch him completely off guard.
- They keep your relationship fresh without having to put in a huge amount of effort. He'll never know what to expect next when you always have a little treat in store for him.

If you want to keep the attraction level in your relationship high without breaking your back doing it, then you need to consider doing Random Little Things for your man. Here are some more examples

- Ensuring his suit is cleaned and ironed before a big event like a wedding, important meeting or a black tie event.
- When your man is bummed out or exhausted, a great pick-me-up is to put a small note somewhere so you know he'll find it. It should be a little reminder, telling him why you love him or letting him know that you'll always have his back or it can even be something like a coupon for a hug. Some places you could put it are in his car, pocket, wallet or a book he's reading.
- Packing him a "survival pack", when he has to go out of town for a few days for business or just with friends. You could include things like a power bar, a can of his favorite beer, two Tylenol for any potential hangovers and a picture of you looking hot, along with a short note.

All of these examples are just that, examples. I've included them to get your creative juices flowing and to give you an idea of what Random Little Things are. If you want to take a more erotic approach or a different approach altogether with them, then do.

One important caveat on using Random Little Things is that you shouldn't use them too often in your relationship. If you do, then they will lose their effectiveness. Additionally, your man will come to expect them from you, which stops making them random and pleasantly surprising for your man.

The final thought I have on doing Random Little Things for your man is that you should try to get feedback from him so that you can see which ones are most effective and which ones barely register with your man. You can do this by watching his reaction and also by asking him a few days after you did it if he appreciated it.

INDEPENDENCE

The kind of guy who runs his own business, who couldn't care less what other people think about him and who spends his time doing exactly what he wants to do is inherently sexy. There's just something about independent guys that is incredibly intriguing and attractive. An interesting corollary to this and many men may never even tell you, but they feel exactly the same way about independent women.

I mean think about it...

Does relying on your man for everything sound like something that would turn him on?

Relying on him for every decision you make, like relying on him to take care of all financial decisions or relying on him to make the important choices regarding your kids like where they go to school or relying on him to decide who you hang out with or what you do with your free time is not something that any man finds sexy. If anything, it sounds like a drag for most guys.

You can probably guess the point I'm trying to make is that maintaining your own independence is both an attractive quality and something that is great for your relationship. When you're independent, have your own circle of friends, can provide for yourself and don't rely on your man for everything, you indirectly let your man know that you don't **need** him, even though you do **want** him. You're letting him know that

while he may be the greatest thing to ever happen in your life, he's not your entire universe.

When men sense that this, when they understand that you have your own life and that they make a great addition to it, but aren't the center of your life, they naturally value you and your relationship a whole lot more. But being independent in many areas of your life doesn't just make your man value you more, it has the added benefit of giving you perspective on your relationship.

Having your own career, circle of friends and hobbies gives you time and space away from the relationship so that you can examine it and see if it's going in the direction you want. From talking to friends and colleagues, you may discover that certain things your man does and expects from you aren't tolerated by most. Equally, you may discover that your man treats you far better than any of your friends' boyfriends or husbands.

The point that I'm trying to make here is that being independent is usually a fantastic thing for your relationship even though it may sound a bit counterintuitive.

One warning: Being independent also has a dark side to it. When you are so independent that you spend all your time outside of your relationship, when you are more concerned with how your career is progressing than with how your partner is doing and when you'd prefer to spend time with your friends rather than with your partner, then you are not just being independent, you are doing things that have the potential to destroy your relationship.

The key is balance. You need to balance being independent and having a life outside your relationship with focusing on your relationship.

NO MAGIC PILLS

I always wish that relationships could be like going to the doctor when you're feeling ill. When you're feeling sick, your doctor quickly assesses you, diagnoses you and then usually gives you some pills to fix everything and make you better. It can be that simple.

Relationships are not like this at all. They are usually much more complicated, which means that you can't just fix them with a magic pill. In other words, if you are having serious relationship problems, then there is no single magic line or one magic technique to fix it.

Here are a few examples so that you really understand what I'm talking about:

Say your man has slowly but surely become more distant over the years. Well, there could be a lot of different reasons for this:

- He could genuinely enjoy spending time on his own.
- He may feel that you are too clingy.
- He may feel that you are too distant.
- He may be cheating on you.
- He may have depression.

No one single technique is going to suddenly change your man's mood and make him super close to you again. Instead, you need to talk to your man, try to understand how he is feeling and search to see if there are any problems in his or your life. Then, you need to use the techniques most likely to bring about the desired change while constantly assessing if they are working as desired or not working at all.

Say your man doesn't seem to want sex as much as he used to. Again, there could be many reasons for this:

- He could have had a natural drop in his sex drive.
- He may be addicted to porn.
- He may be getting it somewhere else (i.e., cheating).

Once more, you're going to need to talk to your man to try and see what's up and then assess the situation. If he has had a natural drop in his sex drive, try getting him to eat super healthy, work out and even see a doctor to see if he has low testosterone.

If you suspect he is addicted to porn, talk to him about quitting and finding a fun replacement (i.e., you!).

And if you discover that he's getting it somewhere else, then you're going to need to have a serious talk with him about how and why it happened and then decide what you want for the relationship.

Let's say your man spends all of his spare time playing golf or out boozing with his buddies instead of hanging out with you. Some of the potential reasons for this could be...

- He prefers spending time with them rather than spending it with you.
- He wants to spend more time with you, but he's afraid of appearing needy or clingy or smothering.
- He needs to blow off steam due to stress at work and finds it difficult to do it with you and the kids.

You'll never actually know the reason why he is spending all his time playing golf or going boozing with his buddies until you sit him down and actually ask him. Once you discover the reasons why, then you can start addressing them.

As you can see, fixing and improving a relationship isn't a case of just guessing what the problem is and then using some magic technique. It takes more than that.

1. Firstly, you need to identify what the problem is exactly by talking to him and observing him.
2. Then, you need to discover the reasons for this problem in the first place.
3. Next, you need to start solving this problem together.
4. Lastly, you need to stay vigilant and check in to make sure that are you truly are solving the problem and moving your relationship forward. If you're not seeing any progress and your relationship isn't improving, then you may need to adjust your approach.

Let's apply this methodology to the last example where your man is always out playing golf instead of spending time with you.

- 1. Identify the problem:** From talking to him you may discover that he's stressed about your financial situation and uses golf as a way to deal with the stress.
- 2. The reasons causing the problem:** You may discover that he is stressed because he is at risk of losing his job as his company is downsizing.
- 3. Solving this problem together:** You could reassure him that while money is important, you'll love him regardless of how much he makes. You could also talk to him about how dreams and reality often diverge and that you never expected your relationship to be perfect. You could also discuss with him how some things are going to be outside your control whether you like it or not, but that you'll always stick by him.

You may want to discuss with him that while the thought of losing his job may be stressful for him, that you too are a little frustrated because you don't get to spend as much time together as you'd like. Next, it's a case of discussing this and reaching a compromise so that you can fix the situation with the best possible outcome for both of you, with him reducing his stress and you getting to spend more time with him.

- 4. Staying vigilant and checking in:** The most important part in all of this is staying vigilant and checking in with your man to make sure that the techniques you are using are having the intended effect and are working. If they are, then keep using them. If not, then you need to switch to using some different techniques. Again, make sure to check in and see how well these new techniques are working.

As you can see, improving your relationship and keeping it rock solid means consistently working hard on it, compromising when necessary and staying vigilant to anything that threatens the relationship. The last two things to say about understanding that there are no magic pills to improve your relationship are...

● Don't sweat the small stuff. As I've said before, try not to worry too much about fixing every tiny problem with your relationship. It may be annoying that your man still wears socks that have holes in them, but it's going to be nowhere near as big a deal as a guy who doesn't want to spend any time with you. So, don't sweat the small stuff.

● Relationships are supposed to be fun. Throughout this book, I have given you a bunch of guidelines, rules, techniques and advice on improving your relationship. I may have made it sound like you need to be a headmistress or drill sergeant to improve your relationship. It's vital that you don't see it this way. Even when addressing serious problems in your relationship, you need to do it with a positive, fun attitude. Otherwise, both you and your man are going to end up hating this book, these techniques and the idea of fixing your relationship.

STRIVE FOR CONSTANT, CONSISTENT IMPROVEMENT

Earlier, I talked about the fact that there are no “magic pills” to make your relationship better. Striving for constant improvement is like the opposite of the nonexistent, non-realistic “magic pill.” It’s the best strategy to have when it comes to fixing and improving your relationship with your man.

Think about it like going to the gym. You may have a goal of losing some excess weight or getting stronger or increasing your endurance. It won’t happen by going to the gym once. It takes weeks and months to achieve your goals at the gym. But each week when you weigh yourself or test your strength, you’ll notice incremental improvements. After a few months, when you compare your before and after pictures, you will visibly see a big difference.

This is how you need to treat your relationship. **It takes constant, consistent work to see improvements in it.**

People often get disillusioned, bored or disheartened when trying to improve their relationship because they don’t see immediate success. It’s frustrating when they give up at the first hurdle and stop trying. If I could only make one demand of you, it’s that you will keep striving for constant, consistent improvement.

There will always be ups and downs in your relationship, but with hard work, there will always be more ups than downs.