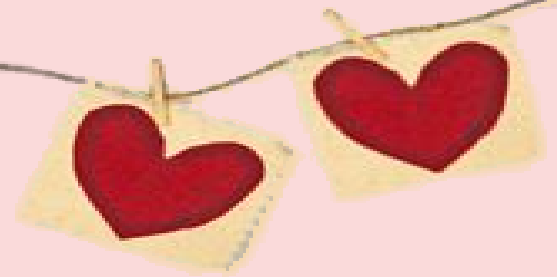


Loving Relationships



Phoebe Joseph

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Introduction

Myrna, 38 and a successful physician, sought my help because she often felt inadequate. While she really valued herself as a doctor, she did not value herself in her important relationships with friends and family.

In addition, she said she wanted to be in a loving relationship but she took no actions to meet available men.

In the course of our work together, it became apparent that Myrna rarely took loving action on her own behalf with her friends and family. For example, Jessica, one of Myrna's friends, would often get angry and blame Myrna when Myrna was not available for dinner with Jessica.

Myrna would feel guilty and responsible for Jessica's feelings and meet her for dinner even when she was exhausted from work. Myrna would feel drained after these dinners and depressed for a few days after, never realizing it was because she had not taken loving care of herself.

Myrna realized that the reason she was afraid to be in a relationship was that she had no idea how to take care of herself around others. She was terrified of completely losing herself in an important relationship.

She realized that if she could not speak up for herself with Jessica, how could she ever speak up and take loving action for herself with a man she was in love with? She realized that she would continue to feel lonely, anxious, inadequate and depressed until she learned to take loving action for herself.

Many people suffer daily from anxiety, depression, stress, and anger as well as from feelings of guilt, shame and inadequacy. The major cause of these feelings is a lack of loving action on their own behalf.

Loving actions fall into two categories: Loving actions for yourself and loving actions in relationship to others.

Loving Actions For Yourself

Loving actions for yourself are those actions that attend to your own needs. When you take loving action in your own behalf, you are letting yourself know that you matter, you are important, you count. When you fail to take loving action, you give yourself the message that you are not important, which leads to feelings of depression and inadequacy.

Loving actions for yourself might include:

- Eating nutritious foods, avoiding junk food and sugar, eating when hungry and stopping when full.
- Getting enough exercise.
- Keeping your work and home environments clean and organized.
- Getting enough sleep.

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- Creating a balance between work and play. Making sure you have time to get your work done, as well as time to do nothing, reflect, learn, play and create.
- Creating a good support system of people who love and care about you.
- Being organized with your time, getting places on time, paying bills on time, and so on.
- Choosing to be compassionate with yourself rather than judgmental toward yourself.
- Creating a balance between time for yourself and time with others.
- Making sure you are physically safe by wearing a seat belt in a car, a helmet on a motorcycle, scooter, or bike, goggles when necessary, and so on.

Loving Actions In Relationship To Others

Loving actions in a relationship with others might include:

- Being kind and compassionate toward others without compromising your own integrity or ignoring your own needs and feelings.
- Saying no when you mean no and yes when you mean yes, rather than giving yourself up and going along with something you don't want to do, or automatically resisting what another wants from you.
- Taking care of your own needs instead of trying to change and control others. Accepting your lack of control over others and either accepting them as they are or not being around them.
- Speaking your truth about what is acceptable to you and what is unacceptable and then taking action for yourself based on your truth.
- Taking personal responsibility for your own feelings and needs, instead of being a victim and making others responsible for your feelings and needs.
- Creating a balance between giving and receiving, rather than a one-way street with another person.

As a result of learning to take better care of herself alone and with others, Myrna no longer felt depressed and inadequate. She gradually lost her fears of being in a relationship and is delighted to be meeting available men.

Chapter 1: Killer Love Phrases

To be in loved with a girl and start a relationship is a wonderful thing. Long term relationships are usually based on love, trust and honesty. Even if honesty is very important in a relationship, sometimes may be hurtful.

There are some things that can't be told to the partner because it may hurt her, or make her change the opinion about you. For example, some bad things you've done in the past, a truth about her that will make her feel bad if you tell her, and so on.

Even if you love her very much and you are getting pretty close, these things that can affect your relationship should be kept in secret. Sometimes you can best show her your love by keeping your mouth shut. So, before you start to be too confident and directly with her, you should take a look at these things that may destroy your relationship.

Never tell her she is getting fat

Even if this is true, you can't tell her this. It will make her feel very bad and will think that you don't like her anymore. Think about how she would feel if you go there and say: "honey, you could stand to lose a little weight ". Let her decide when is the time to lose weight because she will do it without you hurting her. In most of the cases when a man told her girlfriend that she got fat, he gets dumped.

Don't tell her how your mother would have done things

I know that for men their mothers always represent a model in life, but we have to admit that all the families are different. So, we have been raised by different kinds of parents and in different ways of life. Everyone is taught to do things in their ways and that's why you can't ask your girlfriend to do things or to live like your mother.

A woman can have her views and opinions, and all you can do about this is to tell her stories about how you were raised and how things have been done in your family. You should adapt to this new way of life, without comparing her with your mom.

Don't tell her that you like to visit your mom too often

Maybe at that moment, you love your mother more than her, but you don't have to show it. She may think that she is competing with your mum or worst, that you are depending on mummy. It is not at all in your favour.

Don't criticize her when she is trying to do her best

This is the worst thing you can do. If she sees that she is trying hard to do the things fine and you begin to criticize her, she would feel disappointed that you don't know to appreciate her for the fact that she is trying her best. So you should get over it, and offer you to help her in doing that job. Maybe next time she'll be doing better.

Never tell her if your family doesn't like her

Even if your family dislike her, it is better to not tell her because she will get angry and insecure. This will create future problems and tension between her and your family. All you can do is to let your family know that she is the one you have chosen and they have to respect your decision. Try to make them change their minds about her.

Don't remind her about your ex in a special moment

Never ever compare your dating nights or things you do together with the ones you have done with your ex. It might happen to go with her in places where you have been with the other, but don't remind her that. It is a hurtful thing for her to see that you are still thinking about the other.

Also, never compare her to your ex in bed. She will feel bad to find out that the other was better than she in bed. No woman likes to be compared to another, in any aspect.

Don't recognize if you have done bad things in your past

If she doesn't find out already, you better keep your mouth shut; it is in your favor. If you tell her that you have cheated on your past girlfriends, for example, she will have a totally bad opinion about you, and also feel disappointed. So, these things you shouldn't divulge.

Never tell her that a football game is more important for you than her

Even if it is an important game, don't tell her to leave you alone at that moment because you are busy and don't have time for her. You better smile and pretend that you are listening to her too, and try to catch the keywords. She might ask you what she was talking to you to test you.

Don't tell her that you hate her friends

Because she knows her friends for a long time that she knows you, it is not a good idea to tell her that she doesn't like her friends, or to say something bad about them. She may get angry about this, so you better pretend that you like them and everything is ok.

Don't ask her to relax when she is very angry

When she is very upset, scared, or very angry the worst thing you can do is to ask her to relax. This will make her angrier because she will think that you don't take her seriously. If you upset her by making some bad things if you just say her to relax she will understand that you are denying that there is a reason to be upset.

Don't tell her that you are insecure

In a relationship or dating woman is looking after a strong and confident man. So, if you are insecure, or you are jealous of her because, for example, she has a better salary than yours, you have to keep this aspect just for yourself. She doesn't have to know it if you want those things.

Don't declare your love during a fight

The words "I love you" mean a lot for a woman that's why it should be said at the right moment. But most of the guys say this when they have a fight with their partner, in the worst moment ever. When you are mistaking in front of her, and let's say that you feel guilty, you want her to forgive you, so you declare your love for her. It is the wrong choice.

She doesn't believe a word in what you say because she considers that if you really loved her you wouldn't upset her. You may say you love her but only after your fight is over.

Do not tell her that you like her girlfriend

Maybe one of her girlfriends is very beautiful and you would like to meet her first, but your actual partner shouldn't find this. If you say her that her best friends look very good, she will feel hurt, angry and will never trust you around her friends. So, keep it secret and make sure to not be obvious from your attitude that you like staring at her girlfriend sometimes.

If you want to have a long and strong relationship you shouldn't permit that some things you may say to destroy it. Don't be completely honest about the things which should not be told.

Chapter 2: Tips For Loving In The Fast Lane

Do you ever feel like you catch up with your partner infrequently, often late at night when you're too tired to speak?

Or when your timetables happen to collide? There are work dinners, school outings, sporting practice, dinners with friends, homework to supervise, household chores and so the list goes on. Do you feel like you need to make a date night just to spend some one on one time with your other half? A time when you're not sleeping?

If this sounds like you then I'm sure you will enjoy these tips for keeping each other close at heart, even if you can't always be as physically close as you'd like.

It's all about communicating and sharing the little things that make up our lives. Here are ten easy ways to make your feelings known:

1. A birthday love letter. There is something powerful about a letter. A few years ago, my husband and I agreed to write a love letter to each other on our birthdays. I think I picked it up from a magazine article about Nicole Kidman and Tom Cruise.

Apparently, it's something they used to do in lieu of expensive presents. Obviously, it didn't work for their marriage but we've found it has become part of our birthday celebrations that we enjoy the most.

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