



**LOVE and**

*Attraction*

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# Introduction

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**We all know that relationships can be difficult. One of the best methods we have for making every relationship less stressful and more enjoyable is to show a little patience.**

Patience has been defined as what we lack for the driver in front of us and demand from the driver behind us.

In truth, patience is nothing more than time.

**Time before we say something:** Think of a time when someone was not patient with you when you needed them to be. Think of how you felt. Think of how deeply you might have been hurt.

The next time you find yourself losing patience with another, take a moment to remind yourself of how you felt when someone had no patience with you.

**Time before moaning and groaning:** Patience takes time, but no more time than the showing of anger; of stomping or yelling or whining or complaining. A little patience can often resolve a conflict that a loss of patience will only escalate.

**Time to just let things run their course:** Arnold H. Glasow said, "The key to everything is patience. You get a chicken by hatching an egg, not by smashing it." Some things require a certain amount of time. Losing patience only hurts ourselves and won't speed up the process.

So, take the time to smile instead of frown; the time to wink instead of snarl. How much time does it really take to give someone a small nod or a pat on the back? We never stop to think about how a little of our time can make such a big difference in how we make another feel.

Benjamin Franklin said, "He that can have patience can have what he will."

The lack of patience is the key to so much unhappiness and grief in this world, when all it requires is a little time on our part. One of the simplest ways to build stronger relationships and bring more happiness into our lives is by becoming a little more patient.

Showing someone patience is really giving to another that which we wish to receive, while a lack of patience is nothing more than a reflection of ourselves.

## **Are You Lovable?**

This looks like an awkward question. We will confess that he/she is not lovable? But the truth is that many of us are not lovable at all. Can you imagine of a small kid? A kid is always lovable. Why? If we can answer that question, we will solve the puzzle about whether we are lovable or not.

A kid is innocent. Knows nothing and is totally defenseless. You love a kid, because he/ she wants you to protect him/her. You love a kid because of innocence. You love the kid because of the smiling face.

You love the kid because the kid has no malice towards anyone. Does not desire anything bad for any one. Recognizes no enemies and has

faith in everyone. The kid is totally free of all negative emotions. That is why we all love a kid.

How many of us are like that? How many of us keep a smile on our face forever? How many of us are free of negative emotions? Not many. Agreed that we are grownups and cannot be like a kid. But surely, we can borrow some good qualities from the kid.

How about forgiving everyone? How about not getting angry at all? How about having faith in everyone unless proven otherwise? How about loving everyone? How about becoming non-judgmental?

Once we acquire some of these qualities, we will become lovable. Believe me that it is that simple. All of your friends and colleagues will begin liking you more.

You will get love from unexpected quarters. You will get your dream darling in a little time, after you transform yourself.

# Chapter 1: Are You In a Toxic Relationship

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**The most significant thing you can do in any relationship is to be honest and gain the trust of your partner.**

But if the relationship is a “toxic relationship”, you might want to find the best solution that works for the both partners and be honest while doing so.

You first need to decide if the toxic relationship is suffering because of your own issues, including behaviors. People change; emotions change and when we get to a point of no return, we can often search inside ourselves to see if the problem in the relationship lies within ourselves.

Relationships are based on trust and understanding one another. If you do not have trust and understanding, more than likely your relationship will turn into a “toxic relationship”. This means you and your partner need to find a solution to deal with the problem, or get out.

Building a solid foundation is the first step to a successful relationship. Foundations based on stability offer a rewarding, long-lasting relationship, while unstable foundations lead to breakups.

Therapy is good, but if you can sit down and talk through your own problems this is the best solution and it will save you money.

Incompatibility can lead to breakup, thus weighing out your relationship vigilantly before committing more seriously to the relationship can prevent disaster.

If you are already involved in a toxic relationship more than likely, you will need to evaluate the compatibilities. You do have the options of working through the incompatibilities or getting out.

Compatibility extends to family history. If you are suffering problems due to family quarrels, the ride gets strenuous. Families that tend to like the person their child is with, is less likely to give you problems.

Many persons who begin relationships and have been with their mate for some time may find that neither party is compatible. The relationship can still work if the two of you communicate and comprise a plan that both can agree on.

Read and learn the steps in good relationships by buying books that offer a good strategy for the incompatible couples.

Many times, people commit to relationships with the idea that they can change the other person later. This is never good! Either you like whom you meet, or you do not. No one can change another human being, the person must have the desire to change him or herself, and the first step to change is acceptance and then willingness to make the changes.

One should be skeptical of those who vow to change for you. Often the promises are not met, or the person has "hidden terrors" that could be forced onto you later.

If you are a dreamer, you may look at your mate as a fantasy. This is not good either. You lose the benefits by not getting to know the

person you have mated with or you wake up from your dream and find that you made a serious mistake.

The chief focus to keep in mind is to communication, spend quality time, stay focused, and lay a good foundation for your relationship; keep it honest and learn to trust one another, with unselfish motives.

As you can see, sharing plays a large part in love and relationships. When two people share, they are giving something to the other that leaves a lasting feeling of joy and love.

Two people working together without selfishness often build a relationship on solid grounds, and often endure through tribulations, joyous moments, and so forth.

Relationships built on solid grounds rarely fall apart when troubles come their way. Thus, enhance your toxic relationship, or get out!

## **Are You a Jealous Lover?**

What do you do when that little, green eyed monster, as it's so often called, jealousy bites you? It can happen to the best of couples, no matter what stage your relationship is in.

Sometimes, it feels like there is no defense against this ridge building phenomenon. Most people are not jealous by nature but jealousy is usually put into action by some event, situation or another person.

If you are insecure about your relationship and very dependent on your lover you are likely to be jealous. After jealousy creeps in we begin to spy on our lover, worrying about the situation and reviewing the evidence. Suspicion is a strong emotion here.

If we decide there is a threat to our love, we can have a very wide range of responses like clinging dependency, violent rage at the competitor or the partner, self-criticism, and depression with suicidal thoughts. But is there any way to conquer this feeling and overcome jealousy?

## **Some Ways You Can Handle Jealousy**

**1.** Isolate the cause of jealousy. You may think that jealousy is caused by your partner looking sexy or by a certain person at work. But that isn't the real cause. That is just a symptom. Try to understand what the real cause is, so that you can then work on finding a solution.

**2.** Focus on eliminating one jealousy trigger. You also need to realize that jealousy can be overcome easily. So, start out by focusing on an activity where you work through one of the main triggers for your jealousy and try to find the cause.

**3.** Build up your self-esteem. Most of the jealousy situations are caused by the jealous lovers feeling that they are not good enough for their partners.

They feel inadequate and they feel that their partner would leave them for someone else, if given half a chance. So, one key thing to work on is to build up your self-esteem.

## Chapter 2: This You're Getting Cheated On?

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**So, you think that your partner might be cheating you? Why do you think that?**

Why not try this small quiz and find out the truth? A quiz is always very helpful in finding the truth. The quiz questions are simple such as- Does your partner not love you?

Does he/she not share the expenses? Do they look at others and try to give flirting signs even if they are with you? Are they keeping relations with their ex even now?

Or is it just a feeling that you are being cheated either physically or emotionally? Let us take this quiz and find the truth.

### **Quiz Sixth Sense:**

Many times, the feeling that we are being cheated is itself an evidence of something going wrong. Our sixth sense tells us that. Our conscious

mind may fail to take the hints but the subconscious will do. So while taking this quiz don't ignore the inner signals.

### **Quiz Cheating Patterns:**

Did you find your partner talking to somebody on phone and then disconnect the phone as soon as they saw you? Is your partner wary of sharing the mail password with you?

Are you finding that their cell phone bills are more than normal? Do they go out without informing you and make some excuse when you ask? Are any outside business trips involved? What about late work at the office?

Or unscheduled work-related meetings? Do they look at you eye to eye while talking? Or avoid talking and walk around while talking? Do you hear telephone bell and when you pick up the phone, line goes dead?

### **Quiz And Get The Truth:**

These are some of the signs that something might be wrong? Not necessarily cheating. Why not quiz your partner and find the truth? Quizzing point by point will surely tell you the truth.

## **Being Lied To In a Relationship**

Right now, one of the books I am reading is "Get Anyone to do Anything" by David J. Lieberman.

This book is filled with many techniques you can use in difficult situations to get other people to do what you need them to do.

His methods are based on many years of research into human behavior. He has written a previous book on how to tell when people are lying to you.

I will just briefly present some of his ideas on how to tell whether or not another person is telling you the truth. This is a problem we all face from time to time, so it is helpful to have a few tips.

If you think his advice is useful, you may wish to check out more about David J Lieberman's other books on human behavior. They are fun and easy to read, and contain a lot of practical, useful information.

You might get the suspicion that the other person is not telling you the truth. Sometimes we feel this suspicion because we are naturally suspicious and have a hard time trusting anybody. But sometimes we are suspicious because we sense that something is wrong, and that the other person is lying to us.

How can we tell when someone is lying to us about such a matter? Usually, when we try to ask questions of a person who has decided to lie to us, they will continue sticking to their story.

David Lieberman suggests that sometimes we can flush out a lie by introducing a made up "fact" related to the other person's story. Make the "fact" you introduce sound like a plausible story. That means, it sounds as if it could have really happened, but it didn't. Then watch how the other person reacts.

For example, if the other person says "I was at the Royal Theater for the six o'clock movie" you can say, "I heard on the news there was a big accident outside the Royal Theater just before six."

If the person was really there, he will immediately tell you, "No, there wasn't an accident" and will appear quite calm about it.

However, if they weren't really there, they are likely to become flustered and confused, because they don't know what to say next. They might say something like "Oh, right, well, that certainly was a bad accident."

If they seem to hesitate and act suspiciously, this will confirm to you that they weren't really there, because they are trying to come up with another made up story.

I'm not a big fan of this technique because I don't believe in trying to catch a liar by becoming a liar, but sometimes we feel desperate to know whether or not someone is lying to us about something important, and this kind of technique can at least let us know what kind of situation we are dealing with.

### **How to Tell if a Person is Trying to Bluff You**

Bluffing is a word that means someone is pretending to be confident when they are in a difficult situation and they are trying to get away with something.

They want desperately to manipulate you into believing they are confident and have a lot of power and advantage when really, they don't.

They are hoping that if they pretend to be confident, you will be fooled and back away or give in.

For example, in a game of playing cards, especially when betting is involved, a person who has a terrible handful of cards will often bluff. He will try to act very confident, as if he actually had very good cards in his hand.

By this show of confidence, he tries to intimidate the other card players into backing down so he can win. So, he will try to look confident and happy as he looks around the table.

And often, this technique will work, because the other players will believe, "If he is acting so confident, he must have good cards. I should just give up now, before I lose too much."

But as David Lieberman points out, if a person truly had a handful of very good cards, he would not be trying to act confident. Why?

Because he has no real need to try to make the other players back down.

A person who truly has a good hand of cards would probably try to act quite neutral so others couldn't guess that he was happy. Or he might even decide to pretend he is worried and anxious to cover up the fact that his cards are actually very good.

A player only needs to put on a show of confidence when his hand is quite poor.

So very often, a show of confidence is actually a sign that a person is bluffing. Because a person who truly has a powerful advantage doesn't need to try to act confident.

All people who are bluffing have one thing in common – they want you to think that they have some powerful advantage so they try to convey this by acting confident.

Very often, they try too hard. Remember, that when a person is truly confident of their position or their power, they don't need to try too hard to convince you they are confident.

## Chapter 3: Breaking Up The Easy Way

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**Relationships are based on trust, love and understanding.**

But, in many cases, after a long time this disappear and the couple argue more and more. They can't understand anymore and feel that everything that the other is making is wrong.

This usually happens because the partners have tired one of each other, there is nothing interesting in the relationship any more, or just one of them decided that they want to be with somebody else.

You have a relationship for a long time and you feel that it is enough and you want something different, or just to be alone with your friends like before, but you don't know how to ended in an easy way.

Or maybe you are dating with a girl for some time and you feel bored and know that is not the girl for you and you want to break up with her. If you don't want to tell her in the face that it's over because you know she will cry begging you to stay with her because she loves

you, you should try the following things that will make her consider that is the best to break up with you.

Show no interest in her anymore. Pretend that you are very busy, you have a lot of work to do and you don't have time to go see her today, maybe tomorrow but no for sure. Show her that you have more interesting things to do than meeting her.

Don't call her so often that you did before. You'll see that she will call you every day to see what are you doing and why are you upset on her, but after a while she will see that you don't care about her anymore.

Lie to her. If you tell her lies and she catch you she'll definitely go upset because there is no woman that likes to be lied to. Especially if you say that you are at work and she sees you with your friends.

Upset her when you dating her. Even if she is very happy to see you because she didn't see you for a long time make sure that you make only things that you know she don't like while you are at meeting with her. For example, look after other women when you are with her.

Be late at the date. No one likes to wait after somebody especially girls after boys. If you are late once maybe she will understand you because anyone can happen, but if you make this a habit, she will feel hurt because you don't have a piece of respect for her.

Also, if you want to break up with her not telling in the face, and don't want to upset and hurt her making all this thing, you can try to send her a message on the telephone telling her that you consider that is no worth to stay together anymore or that you need a break, you miss your old friends with who you go out before meeting her. You need a space to go out with your guys.

She will get a little upset but finally she will understand that you don't want to continue anymore and she will not have the opportunity to beg and implore you to stay with her.

In a relationship this can happen anytime if you don't know to take care of it, to make always with your partner more and more interesting things to not interfile routine, because you will

feel bored one of each other and there aren't many chances to make this work again. But if this really happens to break up with your partner you have the opportunity to choose on which way you are going to do it.

## **Break-Ups And Guilt**

How many break-ups also result in feelings of guilt amongst partners? Please take care of guilt before your break-up. Guilt can be a very damaging feeling and can make any life hell. Those who are full of guilt undergo lot of pain asking for forgiveness everywhere, but fail to forgive themselves.

Why guilt? Guilt comes if you have done any wrong that has not been corrected. If you have done wrongs with your partner and refuse to acknowledge them before break-up that will be very painful afterwards.

Let me tell you something. Most of us never believe that we have done any wrong. As time passes, we realize our wrongs and by that time all is lost. The feelings of guilt therefore take over after that and make life impossible.

Remedy - If you have decided to break-up, please go ahead. Please do what I suggest before you break up. Please ask your partner about what all he/she feels what done wrongly by you. Ask them to tell you about everything, not missing even the smallest detail.

Without any arguments, please say sorry for all that. Do not argue. I know that you would not agree with most of the accusations and get angry and protest furiously. But refrain doing that. Say sorry, and apologize profusely and after that try to forget everything.

Forgive yourself and continue with your life. This way you will be saving yourself from tremendous amount of guilt that may come afterwards. Act in time before breaking up.

# Chapter 4: Building a Romance Bridge

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**Ever run into a brick wall, so to speak, with your mate? Can't seem to pass "Go" without collecting 200 fresh wounds?**

Well, it's time to build a bridge and tear down that brick wall. Here are your tools:

**ATTITUDE** – Get an attitude adjustment first. Lighten up and do a 180-degree about face. Read the Sunday comics, grab an old comic book, turn on the Comedy channel, watch funny videos or DVDs. Get in a better mood and pass it along to your mate. Invite your mate to tune in to comedy with you, too.

**FRIENDSHIP** – Go back to being friends for starters now that you're in a good mood. Forget the love stuff, if you want. And just focus on being good friends; share compliments, do things for one another, go out and have fun together, enjoy one another's company.

**RELAX** – Let your hair down. Trust and relax. Be yourself. Don't let old wounds open or fester. Forget the garbage memories and just be in the here and now together.

**TIME OUT** – If possible, spend extra time together for a while, like during your original courting days. Hire a sitter, order out, eat at fast food places, grab ice cream cones and go for walks in the park.

Get to know each other all over again. That's the key. Then you'll remember why you fell for each other in the beginning and history will hopefully repeat itself.

**COMMUNICATION** – Take it slow and easy. Keep away from subjects that you don't agree upon. And slowly re-learn to communicate with each other all over again. If necessary, and it's not a crime or shame – get help.

Seek a trusted friend or adviser, a church clergy member or certified professional counselor. No need to go it alone. Find your weak areas and how to overcome them and plan for future communication difficulties.

**GOALS** – Gradually develop goals together so you'll have a direction to head. Write them down in a notebook just for the two of you. And over time, develop them, revise them, cross them off your list. The idea is to HAVE goals together and work towards a common goal.

**SCRAP BOOK** – Create a memory album together. Add photos, clippings, menus and anything that reminds you of the "good times." Then when tough times comes, you'll have something to "hold on to" – your bridge to romance.

So, don't just sit back and sulk. Take short steps to improve your relationships and let life's problems magically pass by while you hold on to your relationship.

## **Former Lovers Can Be Just Good Friends**

Can you be good friends with an ex-lover? Firstly, the word 'lover' has many connotations and the answer may be different for a one-night stand.

But what I believe if it's someone who spent a substantial portion of his/her life with, someone who have had a good relationship with, based on shared values, ideas and emotions, a healthy friendship is definitely possible even after they are no longer involved.

This is possible because every relationship evolves. If both people concerned have the same level of understanding that they did when they were lovers, it can be used to establish a stable friendship. Of course, if there's any negativity from either side, being friends may not be possible, and that's sad.

When a man and woman relate, there's always a part that is sexual, small though it may be. In most relationships, you tend to suppress the attraction.

But when your friends with an ex, it's much easier to understand and accept this attraction as you've already experienced all there was to experience. In some cases, one person may feel it more than the other, but either way.

I think it's much easier to talk such residual attraction through, as you both share a certain level of comfort. Communication is the basis of any relationship.

Even when you and your ex have new love interests in your life, communication is still the key. I believe, for the new relationship to work, you cannot hide your past. The attempt should be not to do things that you need to hide.

And you have to resolve the level of importance you want to give your current lover and your ex. Your partner may be insecure, but then we're insecure about so many things in our life.

For example, people do compromise their careers for their relationship. So, you have to either talk things through with your partner or compromise on your friendship.

As for whether an ex can be a platonic friend who can casually rib you about your present relationship or relate well with your current lover, it's all about the different levels of sensitivity that various people display.

The dynamics between your friend, your lover and you will play out according to each person's position in your respective relationships.

I don't think perspectives change depending on your gender. It's about what you believe is right and wrong.

If the other person has had a very similar upbringing (although that would be rare), he or she is likely to emote, perceive situations, react and resolve issues just like you would.

# Chapter 5: Ending Relationships Gracefully

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**In my counseling practice, I often hear the question, “How do I end a relationship without hurting someone’s feelings?”**

Whether it’s a romantic relationship or a friendship, ending it gracefully is generally a challenge.

The problem arises because so many people see it as a reflection of their worth when someone doesn’t want to be with them. “If I was good enough, this person would want to be with me, so there must be something wrong with me.”

There is another way to see this. The way I see it is that for each of us there is a relatively small number of people with whom we feel a deep connection.

Whether you want to explain this as due to being part of the same soul group in the spiritual realm, or to having similar energies, or to chemistry, the fact is that we don’t feel connected to most people.

Just because I don't feel connected with someone doesn't mean there is anything wrong with them. Just because you don't feel drawn to spend time with someone doesn't mean there is anything wrong with that person, and just because someone doesn't connect with you doesn't mean there is anything wrong with you.

It's just the way things are, and it has nothing to do with there being anything wrong with anyone.

So, if I say to someone, "I don't feel a strong connection between us," I am simply stating a fact. I am not making a judgment about the person's adequacy or worth.

All of us meet perfectly wonderful people with whom we just don't feel a connection. The person might be very attractive, have similar interests to us, and even be on a similar growth path or spiritual path.

Yet we just don't connect. The spark that ignites friendship or romance just doesn't exist. If we could all accept that someone not wanting to be with us has nothing to do with our worth, we would not get hurt when someone says no to a relationship.

I don't pretend to understand all the factors that create connection between two people. All I know is that all of us have the experience of connection with another that occurs deeply and rapidly, as well as the experience of a lack of connection.

Many people have had the experience of being fixed up with someone because a friend said, "I just know you two will like each other. You are so similar," only to discover a complete lack of connection.

Katie, a client of mine, recently said to me, "Everyone said Rick is perfect for me. We look good together, we have similar interests and backgrounds, we are the same religion, we are equal educationally, and he is a really sweet guy.

I kept thinking that if I just gave it time, I would feel the connection. But it never happened. I felt so badly breaking up with him because there is nothing wrong with him, but the connection just isn't there."

Is it anyone's fault that the chemistry or connection isn't there? Of course not! There is nothing wrong with either Katie or Rick. The connection just isn't there for Katie. She couldn't make it be there.

She ended up saying to Rick, "You are a really terrific guy. I wish I felt the connection with you that I want to have with a partner, but I don't. It's not your fault – it's just not there."

Whether or not Rick felt hurt by this is really up to him. Katie can't take responsibility for how he feels. If Rick has the belief system that not everyone will feel connected with everyone, he will not feel hurt.

If he has the belief system that if a woman doesn't connect with him, there is something wrong with him, he will feel hurt. His hurt will come from his belief system, not from the fact that Katie broke up with him.

Ending a relationship gracefully means speaking our truth without blame or judgment and not taking responsibility for another's feelings. Randi, another one of my clients, recently told me that she was able to tell the truth rather than give herself up to avoid hurting someone.

A friend had introduced her to Barb, thinking that Randi and Barb had a lot in common and could be good friends. Randi got together with Barb and felt no connection. In fact, she felt the opposite.

While Randi felt that Barb was a sweet person, she also felt Barb's energy pulling on her in various ways. While some people might not mind needy energy, or even find it endearing, Randi didn't like it at all. She was pleased with herself because she was able to tell Barb that she just didn't feel a connection with her.

Randi was able to let go of taking responsibility for Barb's feelings if Barb felt hurt by this.

Is there always a way of breaking up or saying no to a relationship without someone getting hurt?

No. But by gently speaking your truth, you can gracefully end a relationship, and if you accept that another's feelings come from his or her belief system, then you won't feel guilty if the other person feels hurt.

## **Emotional Affair or Friendship**

In a marriage, what are the limits for friendship with a member of the opposite sex? Who sets these limits? What is the difference between a friendship and an emotional affair? Is an emotional affair wrong?

Does an emotional affair help the marriage by letting a partner vent out all emotional frustration, which otherwise he/she would not have done with his/her spouse? Or does it kill the marriage?

### **What Is An Emotional Affair?**

Most of us have friendships. Many of us are very close in some friendships. We share quite a lot in such friendships. But when one develops such a close friendship with one from the opposite sex, it can be termed as an emotional affair.

Sharing intimate emotional details with someone of opposite sex is called an emotional affair. This is the common definition. It also includes the clause that you are keeping your partner unaware about the emotional bond you share with someone else.

### **Does It Hurt Marriage?**

It hurts marriage if after knowing about the details shared, the spouse feels that mutual trust was violated. If the emotional affair becomes strong, it may so happen that one may begin sharing more emotional details with one's friend than with one's spouse. That hurts the spouse and may also lead to a break-up.

## **Why Do People Have Emotional Affairs?**

It is being debated that emotional affair is purely emotional or it is begun because of physical attraction. Does one need a friend of opposite sex to share emotional details?

Why not one of your own sex? And why does one feel uncomfortable with one's spouse about this bond? All pointers go in one direction - an emotional affair may be the way one wants to begin a physical relationship with another outside marriage.

Otherwise if one wants to have emotional sharing, or to vent out feelings, one can easily consult a psychiatrist and tell all to feel relieved and get advice. Or one can choose a friend of the same sex.

## **How To Avoid An Emotional Affair?**

One who is involved in an emotional affair needs to ask oneself- is this only emotional? Why do I need this person to talk about everything? One must reflect. Talk it out with one's spouse.

Let your head control your heart for a moment and think about the marriage and the bond. This may help in better understanding of the emotional affair and coming out of it.

# Chapter 6: Fear Of Commitment In Relationships

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## **Fear of commitment scientifically, is a type of phobia.**

It is commonly called as the commitment phobia which refers to a person who is afraid of being committed to any deep relationships, tasks, projects and responsibilities.

Have you ever known someone who has the fear of commitment? I have several friends who have the symptoms of this kind of phobia. Most of them are men. They cannot decide on simple things.

They find it hard to choose on what to eat during a dine-out in a restaurant, they can't choose between two good movies, even on what to wear. And worst no one of them has ever been to serious relationships, considering the fact that they are already in their 30's and is an ideal marrying age for men.

Let me tell you about my friend named Patrick. He is one of my closest friends and he is a bachelor who makes good money. Girls are coming in and out of his life like the wind. And nobody seems to last even the

ones that I think would last. I suspected that he has fear of commitment. But he won't accept it, which in fact is another characteristic of a person who has a fear of commitment.

Fear of commitment makes it hard for you to decide on whatever you need to decide on especially if the future is at stake. Therefore, having a fear of commitment is not healthy at all.

Fear of commitment can really hold you back because it is only be entrusting to a procedure that life has to offer and we are able to make the most of opportunities that come our way.

Fear of commitment can be triggered by various causes. Fear of commitment may start from childhood from which a person suffered from traumatic experience, such as separation of parents, divorce, and death.

Fear of commitment can also be a result of poor role models in which the person may have witnessed offensive relationships. And worst the person may have been a victim of it.

These experiences have a great impact on the person's decision making and therefore the cause of development of their fear of commitment.

Fear of Commitment though can be defeated by different methods. The most common method used in overcoming fear of Commitment is the hypnosis or hypnotherapy.

So, if you have friends who are suffering from a commitment phobia or fear of commitment, help them defeat it.

## **Express Your Love With Flowers**

Flowers are a heartfelt, natural way to lift our spirits. They can provide a smile for a tired face or even brighten a room for a convalescent.

Just imagine your favorite flower. Are you smiling yet? You are definitely in a better mood.

There isn't a doubt that beautiful surroundings provide us with a favorite environment that helps us thrive. Flowers are an simple and affordable way to add a splash of color and emotion into your life.

Tropical flowers are an exciting new change from traditional floral gifts like roses, and with modern shipping methods they are available worldwide.

Their large size and vibrant colors make them an impressive gift for favorite occasions like Mother's Day, Valentine's Day, birthdays and anniversaries.

Flowers can be purchased from local florists or "Grower Direct" services that ship them worldwide. If purchasing flowers to be shipped, make sure someone is waiting to accept the order and that they are not left with the mail on a back porch in the sun all afternoon until someone comes home from work.

Flowers are shipped without any water supply, and neglecting them for hours on top of the shipping time can take days off their lifespan.

If you buy tropical flowers like heliconia's or gingers, or if you are lucky enough to live in the tropics and have them in your garden, here are a select few tips to help them thrive and to extend their shelf life as cut flowers.

### **Caring for Cut Tropical Flowers**

**1:** Water your plants well and give them a large drink prior to cutting. This is significant for foliage plants as well because a few varieties "drink" incredibly little after cutting. Instead, they live off their stored sap.

Tropical plants have adapted to their natural environment which means frequent but short periods of heavy tropical downpour.

Look at the flower heads and notice how the petals are “cupped” to catch and store as much water as possible. These plants drink from the top and like being showered with water.

Look at the pattern on the leaves. The ridges channel water down to the stem where it's absorbed into the many layers of the plant.

**2:** If your flowers have been out of water for any length of time after cutting, submerge them entirely in the bath for half an hour before placing them in a vase.

**3:** Cut three to four inches off the stem and then place them in a tall vase FULL of clean water.

**4:** Use a spray bottle to mist them at least twice a day.

**5:** Change the water and trim a new end on the stems every second or third day.

You are able to double the vase life of your cut flowers by applying these elementary techniques.

# Chapter 7: Growing Online Dating Relationships

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**Just like regular real-world relationships, online relationships need tending, to grow over time.**

Here are some quick growing tips:

- 1.** Take time and make time. Does your online date get in touch with you regularly? Do you do the same? Neglecting virtual meetings can be considered abuse or neglect, so treat each other's time with respect. If it's lacking, might mean time to move on.
- 2.** Communication needs to "feel" right for both of you. If one of you is too pushy about meeting, for instance, that can give off bad vibes. So, don't rush. Take time to learn more about each other and develop trust.
- 3.** Respect each other's privacy. Don't share personal email addresses or digital photos online, for example, if your online date sent you the information in confidence.

**4.** Share special online and offline fun times. Online – send greeting cards, links to favorite places to upload digital photos of your favorite pet, download music and video clips, post on favorite forums of interest.

Offline - if you're exchanging addresses or post office boxes, send print greeting cards and postcards, small items from your area (like a key chain with your state bird).

Tend your online relationship. Water it with care and over time it can sprout and grow.

## **Overcoming Fears of Intimacy**

Sam, age 42, had never been married. It's not that Sam had never fallen in love. But every time a relationship had started to move toward commitment, Sam ran.

When Sam's loneliness became overwhelming to him, he called me for help.

"I want to be in a relationship, yet every time I get close to someone, I run away. I'm not even sure what I'm so afraid of, but I must be terrified of something!"

"Sam, what happens inside you when you like someone?" The following answer and resulting dialogue came out over time, but I've condensed it here.

"I think that if this person really knew me, she wouldn't like me. I do all kinds of nice things for her so she will like me. Then after a while I start to feel trapped and I pull back. She gets upset about my pulling back and I then feel even more trapped. Once she gets mad at me, I stop feeling in love with her. That's when I decide she is not the right one for me. This has happened over and over."

"So, the first problem is that you believe that she won't like you when she gets to know you. Out of your fear of rejection, you try to control how she feels about you by doing nice things for her. But then you feel

trapped and your fear of engulfment – of being controlled by her and losing yourself in the relationship – kicks in. Then you run. It sounds like your underlying fears of rejection and engulfment are controlling your life and not letting you share love.”

“That’s exactly right! So, what do I do about this?”

Sam was operating from core shame – the false belief that there was something basically wrong with him. As long as he believed that he was inherently flawed and unlovable, he would fear rejection. Out of his fear of rejection, he would give himself up until he felt trapped, and then he would run.

The part of Sam that believed that he wasn’t good enough is his wounded self. The basis of the wounded self in all of us is our core shame false belief – the belief that we are inherently flawed.

Our wounded self does not know that we are a perfect child of God, an individual expression of the Divine. Because the wounded self operates out of false beliefs rather than from the truth of who we really are, it wants to control how people feel about us.

Sam needed to develop a loving Adult part of himself – a part of himself connected to a spiritual Source of love and truth – in order to heal his core shame.

The Six Step Inner Bonding process is a profound process for developing the loving Adult and for healing the fears and limiting beliefs of the wounded self.

As Sam started to practice Inner Bonding, he slowly developed an Adult self who loved and valued his core Self, his true essence. As he developed this inner sense of personal power, he lost his fear of rejection.

He saw that if a woman rejected him, it was because of her fears rather than because of his inadequacy or unlovability. Because he stopped taking rejection personally, he stopped fearing it.

Once he stopped fearing rejection, he stopped giving himself up in his attempt to control how a woman felt about him. Once he stopped

giving himself up, he stopped feel trapped and engulfed in a relationship.

Over time, by consistently practicing the Six Steps of Inner Bonding, Sam developed a powerful inner loving Adult self and healed his fears of rejection and engulfment. Sam is now happily married with a child on the way.

This did not happen quickly. It took Sam time to heal his false beliefs about his own adequacy and lovability. It took time to develop a personal relationship with a spiritual Source of love and truth.

It took time to be in truth with a woman rather than being "nice" to try to control how she felt about him. It took time for him to feel safe in being himself. It took a couple of years of devoted inner work.

But if you were to ask Sam if all the time it took was worth it, he would look at you with shining eyes and a huge grin and you would feel the joy within him.

You would have no doubt that it was worth whatever time it took.

# Chapter 8: Relationship Breakers

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**There are many things that can get wrong or from bad to worse in a relationship... it is depressing how many couple's split-up because of stupid reasons.**

If you have the slightest feeling that your relationship is in jeopardy or if you inquire what went wrong in ex-relationships, take a look at the list below.

**There are 5 "don'ts" in a relationship:**

## **Betrayal Of The Partner**

Absolutely unforgivable-you have seen couples that break up because of this, even families. It is hard to forgive and forget, broken pieces stay broken, this is life.

## **Being A Private Eye**

If you check on your partner continuously, visit unannounced... he/she will get tired of the relationship. Everybody wants freedom, a private space, friends... Love means trust and respect, it is not funny on scrutiny all the time, do not act as a detective, act as a lover.

## **Lack Of Emotional Support And Attention**

In a relationship mutual support and attention are essential. We are humans and we crave for being with our loved one, for better and for worse... when it doesn't happen, we feel lonely and rejected. If you have such a problem, deal with it, do not avoid it. Stay close to one another.

## **Too Many Fights**

Let's face it, in every relationship there are fights. Believe it or not, specialists say they clarify things, but do not dramatize, or raise your voice or offend. Things clarify themselves if you have patience.

In a relationship, when it comes to fights silence is golden and too many of them ruin what you both have built with love and care.

## **Boredom And Lack Of Spontaneity**

Do not let boredom to step in, be creative and spontaneous. Think of common hobbies, activities that make both of you happy. If love is in the air, every day would be a celebration of your relationship.

Even a ride in the park on rollers can be fun, or going to a movie, exhibition, disco, party.

Before doing anything that can affect your relationship, meditate a bit. Is it worth doing it and ending up alone?

If you feel lonely and tired of going out on dates which never seem to go anywhere, online dating might just be the solution for you.

## **Relationship Advice for The Long Term**

If you are having problems with your long-term relationship, advice can really help. Being in a relationship sometimes means you can't see the woods for the trees, so some outside input can really help you see things in a new perspective. Check out this article for 5 golden pieces of advice.

### **Long Term Relationship Advice 1**

Learn to communicate again. By far the most common cause of problems with any long-term relationship is lack of communication, or lack of appropriate communication.

Everyday life tends to blunt our communication skills, and before we know what's happened, we spend more time looking at the TV than we do looking at and speaking to our partners.

You can fix this by setting aside some time to talk every day, even if it's just sharing whatever happened in your day. A great tip to get this going is to have a "No TV During Dinner" rule.

### **Long Term Relationship Advice 2**

Arrange some quality time with each other. Again, everyday life can often force us into a life of routine, and sometimes our partners can become part of that routine. You can break this habit by starting something out of the ordinary.

Find a hobby for you both to take part in and do it together. If you can't find anything you both want to do it can be something as basic as just taking walks together-the key is just to spend time together outside of the confines of your usual relationship.

### **Long Term Relationship Advice 3**

Remember why you love your partner. When things become stale and routine, it's very easy to begin to see your partner as something other than a partner, just someone who lives with you, like a housemate or whatever.

This is not a good place for your relationship to be, so if you feel like this sometimes, take a moment to remember what it is about your partner that you love. If you can remember what brought you together, you can make sure you do things which involve or bring out those qualities in each other.

#### **Long Term Relationship Advice 4**

Show your partner that you respect them. In a long-term relationship, respect is one of the hardest things to get back once it has gone, so it's always worthwhile to show your partner that you respect them.

You can show your respect by trying not to be critical about them and their ideas, and always making a point of listening when they speak to you. After a while you'll find that your partner will begin to do the same for you, and you will develop a better understanding of each other as a result.

#### **Long Term Relationship Advice 5**

Let it out. They say a problem shared is a problem halved, but I think it's even more so when you are in a long-term relationship. If you do have something that's bothering you, even if it directly concerns your partner, you are best of speaking about it with them.

You'll usually find that if you don't tell them, things will get a little worse and a little harder for each day that passes. Plus, when you talk things over and resolve them in an open and direct fashion, you make your relationship stronger.

Long term relationship advice really can fix most problems before they get to be a big deal. Check out the links below to get some of the best advice around.

# Conclusion

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## **Whether a relationship lives or dies largely depends on the individuals involved.**

What is seen to be an insurmountable relationship killer by one person will just be a minor challenge to another.

Take infidelity for example, some relationships survive and even thrive by acknowledging either one or even both partners will seek sexual fulfilment, in part, outside the marriage but as a whole fidelity is paramount for a healthy marriage.

I was listening to the radio the other day when a girl stated that whether her marriage went ahead or not depended on how accurately her fiancée could answer questions about her.

I don't know about you but if I had expected my partner to know all my likes and dislikes before we got married our relationship would have been dead in the water. As it is, we wouldn't have been without each other for the past 20 years.

Marriages have even broken up over one of the partners forgetting a birthday or an anniversary. I must confess that I don't really want to be reminded of how quickly the years are passing me by and I'm equally prone to overlooking special dates as my partner.

What is more important to me is how we relate to each other throughout our lives and not just on one or two days of the year.

As you can see, what would totally destroy one marriage is perfectly acceptable in another it just depends on the characteristics of the individuals involved and, in some cases, the timing of events.

One of the biggest relationship killers is most definitely infidelity. Many people struggle to understand and come to terms with such a betrayal but more importantly, struggle to regain the trust.

Abuse is something which is tolerated far too often. No one should have to be subjected to any kind of physical, emotional or financial abuse. I only have one bit of advice to someone who is in an abusive relationship, get out, even if the abuse is only occasional.

Even occasional abuse is unacceptable and it will only get worse. You can always return if and when they have sorted themselves out but no matter how much you have been promised that it will never happen again it always will unless you take a stand.

Lack of ability to communicate is a real relationship killer. So many marriages have been thrown away through a lack of understanding and a total inability to communicate.

Often all it would take would be for couples to learn how to listen to each other and many perfectly good marriages could be saved.

Trust is so important in any relationship. If trust doesn't exist it is very difficult to keep a relationship alive. Infidelity, gambling, drinking, drugs and financial spending are all strong and compelling reasons for not trusting your partner (among many others).

A marriage can only usually be saved if the reason for the lack of trust is eliminated and both parties are prepared to forgive and forget. Unless you can let go of the past you cannot look to the future.

Jealousy can often exist in cases when one partner is still friendly with someone, they used to have a relationship with or when a new baby comes along and all 'couple' time is eliminated or step parents can be jealous of their partners relationship with their children.

Obviously, the source of the jealousy can't always be eliminated, you can sometimes stop seeing previous partners but you can't exactly throw the baby out the window or banish the step children.

Resolving jealousy comes back to communication, discussing and understanding the reasons for the jealousy and jointly devising an action plan to overcome it.

All too often the initial romance of any relationship often clouds people's judgement when it comes to what both partners want out of life. A simple example is children, how many women get married knowing that they don't want children or don't want children any time soon but don't communicate this to their partner.

It is so important to be totally upfront. Other issues sometimes develop when one partner is far more ambitious than the other or just wants different things out of life. Unless your dreams of a perfect marriage are on the same playing field then it's often a ticket to disaster.

Couples need to be totally upfront and honest with each other both before and after marriage to ensure that the dreams and desires of both parties are met and fulfilled.

Financial issues put a great strain on any relationship. Couples often divorce due to lack of money when all they really need to do is solve the core problem. And statistics obviously show that finance is far more of an issue once you are divorced. I was watching a program the other day and this couple had survived 15 years living with parents

while they saved up for a house. Enough to put a strain on any marriage. However, what I then realized was that they had three children, one of which was probably conceived very early on, and the wife had stayed at home to look after them.

This left me thinking, wouldn't their life have been much easier and wouldn't that house have come quite early on in the marriage if they had just delayed their plans for a family and both worked for a deposit in those first couple of years.

As it happened, their marriage actually survived the 15 years but how many others would have?

To many it sounds strange, but a lot of married couples feel lonely, especially when their partners work long hours and/or spend periods of time away from home.

Sometimes a partner will head to the pub, to the gym or to a mate's, after work, or I know of many golfers who take a week or even two of their annual holidays to go off golfing without their family. In any relationship there has to be a balance between work, personal time and family / couple time.

Lack of intimacy can often make people feel worthless, unwanted and unloved. Even if sexual relations have diminished or ceased a relationship can still survive through other types of intimacy, a kiss, a cuddle or a caress.

Once intimacy ceases in any form partners often feel that they are no longer desired and it is inevitable that people who need an element of intimacy will seek affection elsewhere.

Many people often say they think their marriage is over when they no longer feel that they are that special person in their partner's lives.

It can become a real big deal when a couple settles down into married life and the romancing comes to an end.

No more flowers, romantic diners, endless conversations while you learn all about each other. Perhaps the presents have stopped or less effort is put into making each other happy or children have taken priority.

Of course, the answer is so much simpler than heading for the divorce courts, just start making an effort and spend more quality time as a couple, bring the good times back.

After all that's just what you'd have to do if you were to start all over and how often to people realize far too late that the grass wasn't greener.

The breakup of long-term marriages can often be as a result of the children leaving home. Couples often have children early on in the marriage from which time their lives totally revolve around the children.

Once the children have grown up and left home the parents are no longer comfortable with each other's company and just don't know what to do as a couple.

As the children get older it is vital that couples start spending more time together no matter how difficult it is and learn to enjoy each other's company without the children.

Letting yourself go can be a real relationship killer especially if you were really good looking when you got married.

If just one partner gets too comfortable in the relationship and feels they no longer need to make an effort it can become a major negative to the future of the marriage.

This is but a short list of reasons why marriages might fail and just because something on the list will destroy one marriage it doesn't mean to say it will destroy another.

Like people, all marriages are unique, the real key to saving your marriage is, understanding what is causing you to feel that your marriage is failing, recognizing what action you need to take to put it right and having the determination and the desire to do so.

For almost every possible relationship killer learning how to communicate is critical, if you truly want to save your marriage.

