
Building Trust & Strengthening Relationships

@Home GENDER ROLES

Simple Techniques to Enhance Couple Intimacy

True intimacy between couples is fast becoming a thing of the past. As we become stretched to find time to relax and enjoy each other we are losing the art of intimacy in our more important relationships. The following proven techniques will help you to create the relationship you deeply desire, and one that will be able to withstand even the most difficult situations.

How to be more Feminine in a Relationship

Ladies ... Take care of YOU, First!

Men love when we make ourselves a priority and take good care of ourselves. Do not be afraid to say what you need for yourself by using the phrase "I want..." instead of "can we..." "would it be okay..." These statements are not power phrases. Get used to being in your strength by stating clearly what you want and acting.

Example. "I want to meet you at 7 pm tonight. I want to go to The Keg for dinner. I want to spend time with my girlfriends and see you tomorrow." When we are direct, men are not confused. They know where you stand and they respect you more. It makes yours, and their life, much easier.

Support your partner's decisions!

Men always have a very good reason for everything they do, we just don't always know what it is. When you are confused about a decision that your partner/date has made, drop the judgment that you think you know best. Trust that they know what they are doing, and instead of getting angry or making things up, ask them why? Be curious and interested. Drop your assumptions and expectations and try to find out what life is really like for them. They are not the same as us, and so we shouldn't expect them to think, act or be like us. Seek to understand their decisions, even if you don't agree.

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How to be your Woman's Warrior in Relationship!

Allow her emotions, and hold space for them to flow freely.

Women have more neural connectors in their brain than men, and so they connect situations to past memories more quickly than men. This typically results in strong emotional experiences. These emotional outbursts can be frustrating for men who have been taught not to cry or express emotions in society. The trick for men is to simply "hold space" for women to experience these emotions. This means you do not have to say anything, or do anything. Instead, simply allow her the emotion and wait until she feels complete. Often these emotions are expressed in arguments so it can take restraint not to take it personally. Assuming there is no verbal abuse included with the emotion (in which case you need to set boundaries), allow your lady to be expressive and wait until she's done. Celebrate the differences between the both of you and even risk learning how to embrace your emotions more fully.

Tell her what you will do, and follow through.

There is nothing more annoying to a woman than a man of words and no action. If you say yes to anything, even something as simple as putting out the garbage, don't wait to do it. She will not want to ask you twice, but she will, and then she will feel like she's nagging. Women are able to think of many things at the same time and their brains never stop connecting. Unlike men whose brains compartmentalize and focus more easily, you could even often be thinking about absolutely nothing. Be aware that this rarely happens for a woman. She will trust you more when your actions follow the words you say. This is a key factor in building trust with a woman because when she can trust you, she will be able to let go of her worries and stresses and lean on you more for strength, and she will feel safe to be herself. When she feels safe, her vigilance goes down, and she can be more vulnerable with you! And you will have more peace in your relationship!

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