

## Building Trust & Strengthening Relationships

### 12 Ways To IGNITE PASSION, ROMANCE AND LOVE Every Day

- ♥ **Be appreciative and show gratitude.** *Compliment him frequently (and mean it, don't do it insincerely, it will always come back to bite you!). Focus on the good stuff, not the bad.*
- ♥ **Allow him to be your Hero.** *Be in the feminine. Be willing to receive. Let them open doors and stubborn jars. Let them deal with the heavy lifting, in fact ask for him to do it for you. Tell them what a great parent they are. Trust that they can do things for themselves (eg don't give directions, or parent them or be his mom)*
- ♥ **Understand who he is, and what matters to him.** *Be aware of what is important in his life, and be supportive. Accept him for what you see and experience. Don't say "if only you would ..."*
- ♥ **Focus on conflict from a place of resolution.** *Be part of the solution, not part of the problem. Get clear what you want, and be willing to step out and ask for it.*
- ♥ **Be willing to compromise for him and ask him to compromise for you.** *Understand both your needs.*
- ♥ **Be open about what you want and need.** *Don't expect your partner to read your mind. Communicate clearly and without manipulation.*
- ♥ **Learn to step out of your comfort zone by asking for what you need in bed.** *Get comfortable with your own sexuality. Learn what you need and like yourself, and take the lead. Most men are willing to be led. Most men just want their woman to be happy.*
- ♥ **Understand that men have different brain patterning from us.** *They are great at focus, and compartmentalizing (comes from being hunters). They don't think like we do. They separate everything. We don't. We were the gatherers and we are very competent at multi-tasking. Don't try to make them like you, they're not!*
- ♥ **Understand your partner's needs?** *How do they like to be loved? What matters to them in and out of the bedroom.*
- ♥ **Solve your own problems.** *Let them solve their own problems. Work together to solve your joint problems.*
- ♥ **Explore the world of Tantra.** *Women are the change makers in any relationship. If you want a more sensual, deeper connection with yourself and your partner, so take the initiative to make that happen.*
- ♥ **Spend time with your partner.** *Spend quality time together talking about your fears, your frustrations. Share your dreams and desires. Dream together.*