

Love Successfully: 10 secrets you need to know right now



The secret ingredients to cook up a
happy love life!

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Letter from the Author:

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Welcome! I'm [Samantha](#), a Licensed Couples Counselor and Relationship Coach, and I'm passionate about helping my clients develop a love life that thrives! My practice is Boston based, but I [work](#) virtually with individuals and couples around the country via video calls. My relationship advice has been featured in the national media on sites such as Huffington Post, Women's Health, Brides, Today Show, Elite Daily, Bustle and many more! When I'm not working, you'll find me hiking, at the beach, or eating Nutella stuffed French toast with my husband!

Visit me at LoveSuccessfully.com where I write articles about increasing relationship satisfaction, coping with infidelity, dating issues and breakups/divorce. You'll also find more free goodies to help you in your love life, and you can also fill out [surveys](#) about your own personal relationship experiences, which contribute to my research and writing. Have a question about what you read? [Email](#) me!

If you like what you read, please share the love by following me on Instagram, Facebook & Twitter!



About This e-book:



“I am laying out the secret sauce for you to cook up a happy love life right here in this e-book!”

Why is creating lasting love so difficult? Even the best and happiest relationships require work because there are so many moving parts. Love is a verb—it requires ongoing effort. Love also evolves with time, from intense and passionate, to companionate, intimate and committed.

Creating relational happiness is a constant process, not a one-time event. Accept that your relationship will change with time. You will go through moments of elation and moments of frustration. Every couple has the potential to be happy, but sometimes we get stuck along the way. You’re not alone, I’ve got your back!

This e-book is full of psychological research and techniques that I use with couples and singles to help improve their relationship and intimacy issues. Consider this your go-to guide on “how to love successfully.”

Your job is to read and implement all of the juicy tips in these 10 chapters. When you do, you’ll find that your relationship satisfaction will skyrocket! But before we begin, I want to touch on the important topic of intimacy...

A Quick Note about Intimacy:

Creating and maintaining intimacy is at the core of loving successfully. [Intimacy](#) did not get a stand-alone chapter in this e-book because it is woven into many of the fundamentals that are highlighted.

Intimacy involves opening yourself up, sharing, admiring, and connecting with your partner. Through intimate moments, whether sexual or nonsexual, we feel a sense of closeness, familiarity, affection, and maybe even those butterflies again!



While you read, keep in mind...

Seamlessly melding two hearts and two minds together is not realistic! Do not lose sight of the fact that ultimately you and your partner will have your own opinions, preferences, and differences.

Embrace and appreciate what makes you unique, rather than allowing this to drive you apart. You cannot control someone else—you can **ONLY** control your own actions and reactions.

With that in mind, let's dive in, yippee!



“You deserve a love life that thrives!”

CHAPTER 1:

Speak Your Partner's Love Language

Words of Wisdom

- Speak your partner's love language.
- Stop waiting for your partner to use your love language first—it doesn't matter who breaks the cycle, as long as it's broken!

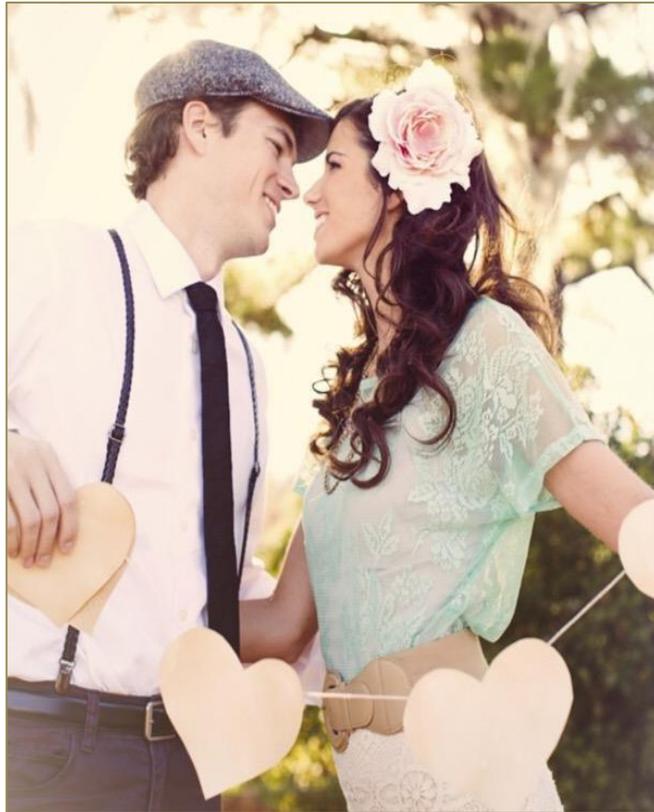
You may have heard the term “love language” before, which was coined by [Dr. Gary Chapman](#) in his book, *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. The gist of this book is that we each have a primary and secondary love language, which is the way in which we most like to receive love.

So, before I go any further, let me break down the five love languages for you...

#1 Words of Affirmation: The use of words to affirm your partner, whether through love letters or verbally telling your partner how much he or she means to you. Your partner values being praised, adored, and loved through words.

#2 Gifts:

Receiving a thoughtful gift makes your partner feel most loved. Many times it's the thought behind the gift that counts, and less about the material good itself.



#3 Acts of Service: Actions speak louder than words in this love language, so showing love through helping out around the house, child rearing, and running errands goes a long way.

#4 Physical Touch: Showing your love through physical affection. This can be sex, but it also includes hugs, kisses, holding hands, massages, and other forms of intimate physical contact.

#5 Quality Time: Giving your partner your undivided attention and spending time together. Sometimes it doesn't even matter what activity you are doing, just that you are present and tuned in to your partner.

Couples in conflict often butt heads because each partner is speaking with his or her own preferred language, rather than through the words or actions in which his or her partner likes to receive love.

This common mistake can lead to disconnection, miscommunication, and resentment.

In order to love successfully, you must speak to your partner in his or her preferred language. Similarly, it is your partner's duty to speak your language.

It's that simple: we have to learn to give the love our partner wants to feel.

Click [here](#) to find out your top love languages and how they rank amongst each other by completing this free online assessment!



“It doesn't matter who breaks the love language cycle, as long as it's broken! It's not about pride; it's about strengthening or saving your relationship.”



Make it a point to identify your partner's love language(s) and find small ways to speak it on a daily basis. Although grand gestures are romantic and appreciated, the more frequently you can speak your partner's love language(s), the more connected, grateful, and happy you will feel every day.

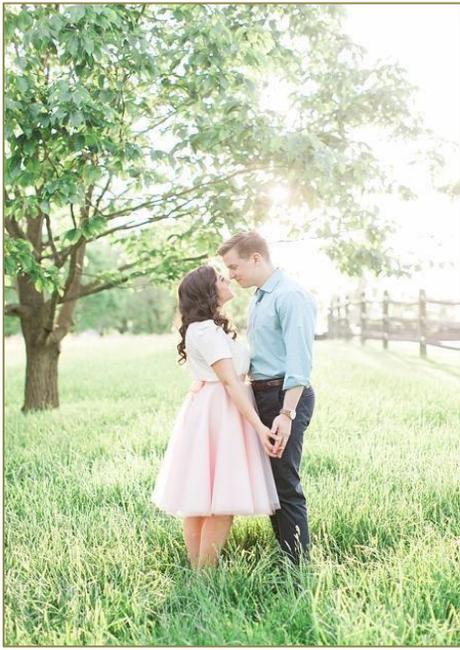
CHAPTER 2:

Process Your Relationship

Words of Wisdom

- This is the one person in life that you are committed to building up and making feel loved, appreciated, and attractive, and that should not be taken for granted
- Sweet comments are not only meant for a date night when you tell your partner that he or she looks good!

Processing your relationship is the meat and potatoes of a successful love life. Processing your relationship basically means identifying how you're feeling towards your partner in a specific moment in time. This can lead to intense emotional intimacy and can help bring back those butterflies!



So many times couples steer clear of “talks” because in their minds these are only meant for when something is wrong, or when one partner is upset. However, little loving check-ins and moments of connection are



addressing and celebrating ^{winning} ^{grit} Processing the relationship can be a brief conversation about how loved you feel, something your partner did that turned you on or made you feel valued, or an opportunity to say, “Time out! I really love you in this moment and I just want you to know that.”





Once you're in tune with each other and processing your relationship on a more regular basis, this can make it easier to identify feelings of disconnection. Addressing these negative emotions with a check-in, rather than a gradual distancing, is much healthier than hurt feelings and resentment that builds with silence.

Being able to process your relationship allows the tense times to feel less powerful. The more comfortable you become with expressing your emotions, the easier time you will have conversing about issues that make you upset, which can help decrease heated arguments.



What may have once felt like a dreaded talk may now take on a more conversational tone. This can lead to fewer explosive arguments because you're used to labeling and discussing things as they come up. When there is a bigger issue, no one should have to guess whether the other person's feelings are hurt. Mind reading can exacerbate a problem. This means no more bottling things up and boiling over!



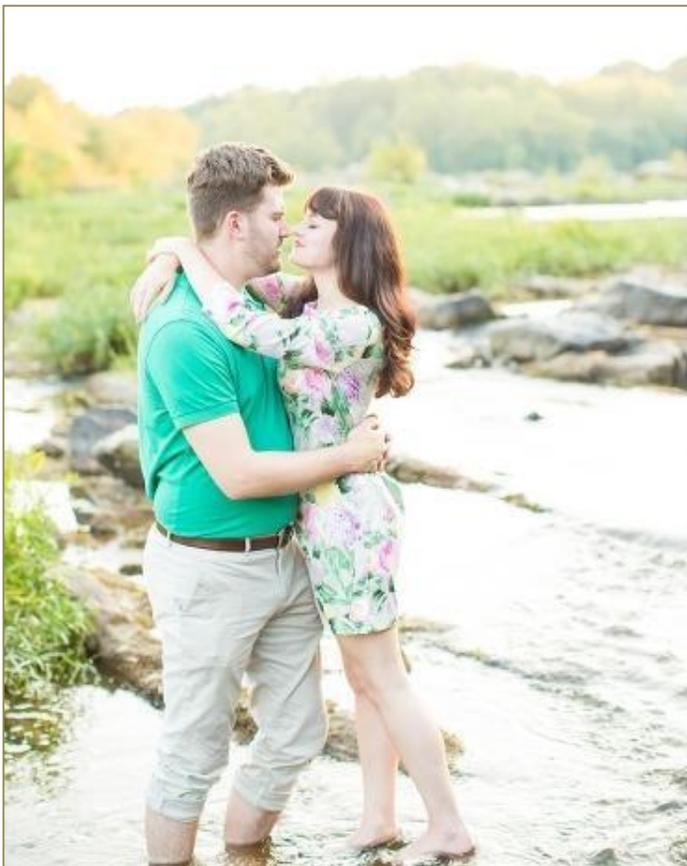
“Processing the good things is just as important to your relationship satisfaction as effectively communicating about the bad things!”

One of the best aspects of being in a relationship is getting to share your emotions with someone else. So open up in order to increase the connection—it’s a beautiful thing!



When I'm feeling connected...

My husband and I have created our own little action that basically means, "We are on the same page," "I love you," or "I'm so into you right now!" We stick out our index fingers and touch fingertips. It sounds silly, but sometimes we will stick out our fingers at the exact same time, as if we read each other's minds, and it's affirming that we are both feeling connected.



When I'm feeling disconnected...

I will literally say to my husband, "I'm feeling disconnected right now," and he will say something sweet about why he loves me, or give me a kiss, and all of a sudden I feel better. Sometimes he will say, "Did we even have a hug today?" (even if we have) and I know this is a time he wants to feel more connected. We take thirty seconds to give a giant bear hug, and in that moment we are processing our relationship through physical touch.



CHAPTER 3:

Let's Get Physical

Words of Wisdom

- Never have a big discussion on an empty stomach
- It's OK to go to bed angry
- Couples who sweat together stay together

Living healthy isn't that complicated; we just forget how to do it when life gets busy! In order to be strong partners, we have to be our best selves. Crankiness, irritability, and frustration can be solved many times through proper sleep, diet, and exercise.

Once we commit to self-care, it's amazing how we can bounce back to making jokes, feeling energized, being affectionate, and loving more successfully!

Diet:

Is “hanger” getting the best of your relationship? Who knew a sandwich could be the answer to marital bliss! I’m only partly joking. Sometimes bickering and disagreements can be solved simply by meeting your physiological needs.

Han•gry

(han-gree) adj.

A state of anger caused by lack of food; hunger causing a negative change in emotional state; conflict catalyst

Rule #1: Never have a big discussion on an empty stomach! The food-mood connection is powerful. Be mindful that different foods affect your energy, emotions, and body satisfaction, all of which can impact your interactions with your loved one.

I know it sounds silly, but the next time you’re feeling short-tempered, check in with yourself and ask if a snack could help smooth things over. Minimize conflict by telling your partner that you’d prefer to talk things over *after* dinner.

Sleep:

“It’s ok to go to bed angry!”

I’m busting the “Don’t go to bed angry” myth! If you’re tired, then I say, “GO TO BED!” You’re likely not thinking clearly and are overly emotional when you’re worn out. So, catch some Zzz’s and solve it in the morning. Sometimes once you’ve slept on it, you wake up fresh and all of those overwhelming emotions are no longer even a big deal.

Rule #2: When you climb into bed angry, my suggestion is that you say to your partner something along the lines of, *“What you said is important to me, but we are both upset and tired right now. Let’s sleep on it and discuss it tomorrow,”* then hit the pillow rather than hashing it out into the wee hours of the morning. I promise you, things will look clearer when you wake up.



Perfectly happy and loving couples may suffer from a lack of sleep. My husband and I share a king bed, and sometimes, it still doesn't seem big enough! Sleeping in separate beds does not have to be an omen of distancing and divorce. In fact, I encourage it if hitting the sack alone gets you a better night's sleep.

When you don't sleep well, you are more likely to be short-tempered, anxious, sad, mentally exhausted, and susceptible to stress.

If you've ever had a night of tossing and turning, you know it's difficult to focus, stay productive, and keep your eyes open the next day. In addition to taking a toll on your work day, these negative effects make it more likely for you to get into arguments and lash out at your partner.

Rule #3: If you are considering sleeping separately to better meet your physiological needs, make sure you create bedtime routines, such as snuggling, pillow talk, or a relaxing wind down activity, like reading next to each other so that you can maintain intimacy.

“A poor night's sleep can have troubling effects on your mood and relationship.”

“You must distinguish between relationship issues and sleep issues.”

“To optimize your relationship health, you must first optimize your sleep health.”

Exercise:

Exercise helps you manage your weight, makes you stronger, helps you sleep better, increases your body confidence and energy levels, AND decreases your stress, anxiety, and depression.



“Talk about a wonder drug!”

Psychological [studies](#) have found that couples who sweat together stay together! In the end, the research nails it: *couples who engage in physical challenges together feel more loving and satisfied in their relationships.*

Why does this work? When you exercise together, you prioritize time with your partner. You’re also more likely to encourage and praise each other and work towards goals together, which creates a supportive environment.

Plus, exercise releases neurotransmitters, such as dopamine, which help bust stress and make you feel happy. And who doesn’t like being around happy, sweaty, sexy people?!

Ultimately, we have to be our best selves IN ORDER to be strong partners. When you're mindful about meeting your sleep, diet, and exercise needs, it will significantly and positively impact all of your relationships.

My advice: It's time to have date night at the gym, sign up for a 5K together, take a salsa lesson, or go standup paddle boarding. Your options are endless, but it's clear - you need to get moving together!



“Self-care isn’t selfish! It’s what you need to do to feel your best and be the best for your partner.”

From an early age we learn how to take care of our bodies. We have a bedtime, we learn the food pyramid, and we participate in gym class. But, as soon as life gets stressful, we throw our physical needs out the window! We stay up late to finish projects, we eat junk food at our desks, and we blow off our fitness classes. Unfortunately, our relationships can get the brunt of it.

This is your wake up call to prioritize your health so that you can love successfully!

CHAPTER 4:

Date Your Mate & Keep Things Fresh

Words of Wisdom

- If you date your mate, you put yourself in the mindset that the relationship is a privilege, rather than taking it for granted.
- Spice things up by mixing it up!
- You can either ride the rollercoaster together or go on two separate tracks.

Reigniting the spark isn't rocket science! It's about avoiding boring ruts and surprising each other. Participating in new and exciting activities together is something you can commit to on a monthly, if not weekly, basis.

The problem is that many couples do not make this a priority, or the effort only comes from one person, which can feel imbalanced. Not every day will feel like a magical date or the first time you kissed, but it's important that you're committed to keeping things fresh!

[Research](#) has shown that being in a rut or rarely doing exciting things can lead to boredom, which is a silent relationship killer!

Keeping the spark alive goes hand-in-hand with avoiding boredom. Daily routines create a sense of a shared life together, but relationships require effort and nourishment. These are the key ingredients for creating spontaneity and excitement—the stuff that keeps the flame burning!

“Spice it up by mixing it up!”



Tweak your routine, or break out of it altogether! Try a date night in the middle of the week, go out for an evening stroll on an unexplored block, or seduce your partner at an unexpected time or place. Don't be predictable, and get out of your comfort zone. Just realize you don't need to go sky diving or break the bank in order to be creative!

In addition to keeping things fresh, it's important to acknowledge any unrealistic expectations you have for your partner. We expect our partners to meet all of our needs, and we feel entitled to be happy and gratified at all times—that's a lot of pressure!



We want to feel safe, loved, and cared for, which is very companionate, while at the same time, we want a sense of mystery, adventure, and spontaneity—the ingredients for desire. We value predictability, reliability, and emotional security, while also desiring novelty, autonomy, and a carefree mentality. We can't expect our partners to do it all at once!

Maintaining a spark for our partners is about finding a balance between our needs for closeness, affection, and responsibility *and* our lusting for excitement, uncertainty, and surprise.

CHAPTER 5:

Prioritize Your Partner & Be Present

Words of Wisdom

- Put your relationship at the top of your to-do list.
- It's time to unplug and tune in to each other!

With the hustle and bustle of the daily grind, it's easy to walk through life without being mindful or present. We are consumed by our careers, parenting, and other obligations.

But here's the rub: you can never get more time. NEVER. So it's important to make the most of each day and every moment you have.

*Make time
for the
things
you love*



Time together needs to be a priority! This alone time does not happen by chance—it needs to be planned.

It does not make you selfish or a bad employee or parent to put your relationship first at times. This may require that you to leave work early, hire a babysitter, or say no to commitments that pull you away from your partner.

Sometimes you feel like you're being pulled in 100 directions, but you must set boundaries for yourself!

Try turning off your phone or tablet between 6 and 9pm. Use this time to be present with your partner.

“Everyone has a mere 24 hours in a day, so prioritizing your partner is about how you manage your time. He or she belongs at the top of your to-do list!”

“It’s time to unplug and tune in!”

Quality time isn’t sitting in the same room and mindlessly scrolling through Facebook or pinning on Pinterest!

We have conditioned ourselves to need constant stimulation, and it’s costing us our precious time and mindful moments in our relationship.

By being available to everyone all of the time through electronics and the Internet, we can never simply just BE. 24/7 work culture is not sustainable for anyone—it’s not good for your physical or mental health, your own well-being, or the longevity of your relationship!



“Hooray, you’re halfway!”

Take a moment to reflect on your current relationship satisfaction.

On a scale from 1-10 (10=most), how satisfied are you?

Are you unhappy with your number? Let’s fix that! Take a peek at some of the common reasons why couples and individuals [work](#) with Samantha:

- Do you feel like you’re constantly arguing and always taking one step forward and two steps back in your relationship?
- Is your sex life no longer as hot and passionate as it once was, or is it non-existent?
- Do you feel like you’re growing apart?
- Are you struggling with conflict management?
- Are you feeling disconnected and detached from your partner?
- Has the spark fizzled out?
- Are you having difficulty agreeing on life goals, such as kids, money management, or a work/life balance?
- Do you struggle to talk about your sexual needs and desires with your partner?
- Are you feeling lonely, unheard, and unsupported in your relationship?
- Does every misunderstanding or miscommunication turn into a blow out fight?
- Are you struggling with infidelity and wondering whether to stay together?
- Do you feel like you’re not a priority for your partner?
- Are you considering a breakup or divorce?
- Are you interested in premarital counseling?
- Do you need help speaking each other's Love Languages?
- Do you want to learn how to validate each other's emotional experiences?

CHAPTER 6:

Teamwork Makes the Dream Work

Words of Wisdom

- It's all about the “we” factor over the “me” factor!
- It's not about right and wrong or keeping track of who scores the most points.
- Sometimes you just need to let things go or tell yourself that your partner's happiness is the priority, rather than being right!

There's no “I” in team, right? Loving successfully requires a team mentality and putting yourselves, as a collective couple, first. We live in a very egocentric world, so when you join your lives it doesn't always come naturally to keep each other in mind when making decisions. When you lose the team approach, you create disconnection, loneliness, and dissatisfaction.



Relationships are like a sports game—you play by loving successfully and win by being a happy couple! In sports, sometimes you have to hang back or make an assist, rather than scoring or being the lead player. In a relationship, you offer support or allow your partner to take the lead at times. In sports, each player has different strengths and weaknesses that are complementary to their teammates—it works the same way when functioning as a couple.

Problems are not mine or yours; they are “ours.” Find solutions together, get each other’s opinion, and support each other.

It’s not about right and wrong or keeping track of who scores the most points—remember this when you’re angry! It’s about making decisions together that impact the relationship, which is a combination of both of your needs.

CHAPTER 7:

Communicate Effectively

Words of Wisdom

- Be aware of your blaming and defensive attitude.
- Use active listening, which requires you to focus on what your partner is saying, instead of being lost in your head or distracted by your own feelings and reactions.

It's hard to write about the core principles of loving successfully without mentioning communication—how we interact both verbally and non-verbally with our partners. In fact, this whole e-book could be about the pitfalls of communication, so I'll keep it brief and hit the highlights! Just note that it's difficult to implement these skills when your partner doesn't feel heard or understood, which means you'll need to validate his or her emotions to really connect.



You love your partner and want to feel happy in your relationship, but faulty communication can get in the way. We have our own opinions, desires, and needs, and if we don't express them clearly, or they are miscommunicated, it's easy to feel unheard, misunderstood, and frustrated.

4 Common Communication Pitfalls:

Mind reading: Assuming that we know how our partner feels or expecting him or her to know how we feel without directly communicating about an issue.

Jumping to conclusions: Concluding that our partner thinks, feels, or will behave in a certain way without talking it through with him or her first.

Overgeneralizing: Exaggerating a single event as a never-ending pattern of behavior. For example, "You never do the dishes" or "You always get to pick which restaurant we go to." Be careful of negating the times your partner did comply with your requests.

Blaming: Holding your partner responsible for your mistakes, or for your pains or disappointments. For example, "Stop making me yell at you," when in reality you are the only one who can control your own actions.

The best way to communicate your emotions or thoughts is by using “**I statements**,” which focus on how you are feeling, rather than blaming your partner for his or her actions.

The best “I statements” address three things:

1. How you are feeling (ex. I feel angry.)
2. What behaviors caused the feeling (ex. I feel angry when I’m shouted at)
3. Reasoning for the feelings (I feel angry when I’m shouted at because it makes me feel disrespected)

I STATEMENT: “I feel unappreciated when you stay late at work because it makes me feel like the relationship is not a priority in your life.”

YOU STATEMENT: “You always stay late at work and never make time for us. You don’t care about our relationship!”

This “you statement” puts blame on your partner without addressing the underlying feelings. As soon as someone feels blamed, he or she becomes defensive, shuts down, and is no longer listening. This leads to escalated conversations, mean words, raised voices, and hurt feelings. And that’s no bueno!



3 Active Listening Skills That Will Rock Your Relationship!

Attending: This involves using both verbal and nonverbal behaviors to show that you are focused and present. Physically orient yourself towards your partner, eliminate distractions (phone down, TV off, laptop closed), nod along, and make consistent eye contact.

Paraphrasing: Repeat back to your partner his or her statements during your conversation. Rephrasing his or her comments provides your partner with the opportunity to hear what he or she just said to make sure nothing is misinterpreted. This opportunity to clarify helps you understand each other and can prevent jumping to conclusions. When you're feeling annoyed with your partner, it's easy to put your own spin on what he or she said, so paraphrasing allows you to get on the same page.

Empathizing: Being empathetic means connecting with another by trying to understand how the other person thinks, feels, and experiences. Try to be objective and see your partner's perspective. Demonstrating empathy requires an open mind—you must temporarily let go of your own feelings (e.g. anger, frustration, confusion, annoyance) and attempt to understand how your partner experiences the situation. If done correctly, empathy increases understanding and acceptance, which leads to problem solving.

“Tune out of your own head and into what your partner is saying!”

CHAPTER 8:

Have an Attitude of Gratitude

Words of Wisdom

- It's all about being mindful of not only the big, but also the small, thoughtful day-to-day things that your partner does for you.
- The best part about gratitude is that it's a practice that can easily be incorporated into your life on a daily basis.

Grateful couples are happier couples—science says so! So what exactly is gratitude anyway? Gratitude involves expressing appreciation and thanks for something you receive, whether it is a tangible item, or something intangible, such as love, affection, attention, or effort. Practicing gratitude means recognizing good and positive moments in your life. Expressing gratitude for your partner can increase feelings of intimacy and connection.

“Wow, gratitude is powerful stuff!”

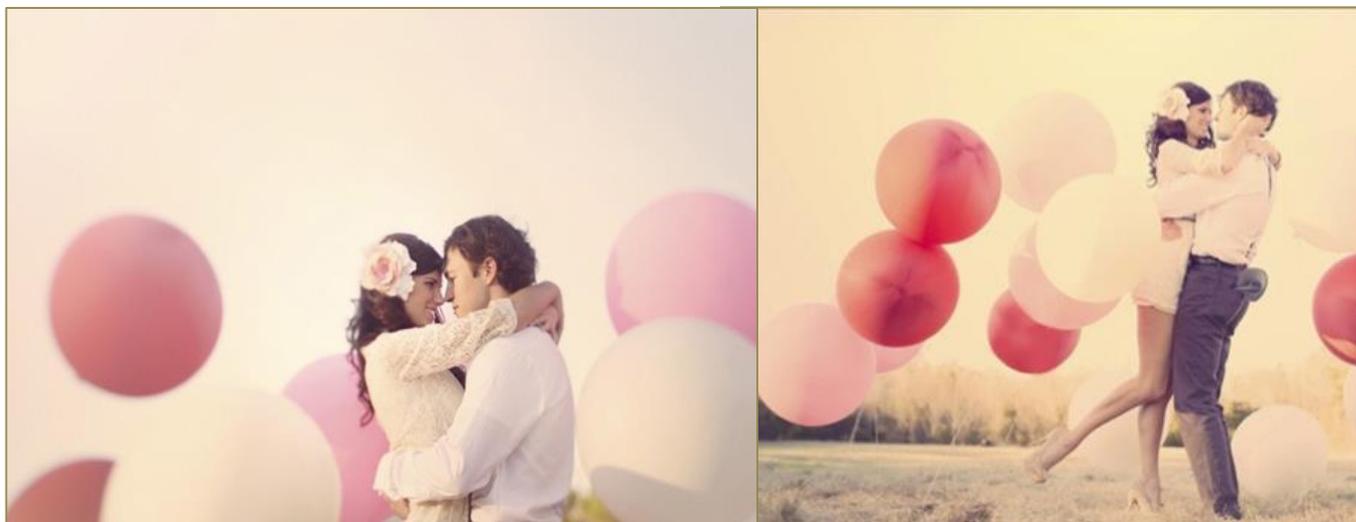
What does gratitude research say about happy couples?

Gratitude [research](#) has shown that if you feel and express gratitude for your partner today, you will feel more connected and satisfied in the relationship tomorrow.

A [study](#) of couples found that those who expressed gratitude for each other not only had a more positive perception of their partners, but they also felt more comfortable voicing concerns about their relationship.

[Researchers](#) found that when partners expressed gratitude, they reported feeling more loving, peaceful, amused, proud, and satisfied with the quality of their relationship in general! They viewed their loved one as more validating, understanding, caring, and responsive.

General gratitude [research](#) has shown a strong association between gratitude and well-being, and those who wrote about gratitude felt better about their lives and were more optimistic.



When you express gratitude for each other, you will feel happier in your relationship, a greater sense of connection and acceptance, and as though your partner has recognized or tended to your needs and wishes.

It's all about being mindful of not only the big, but also the small, thoughtful day-to-day things that your partner does for you. Maybe he gasses up your car, or she drops off your dry cleaning. Reflecting on these moments and saying thank you boosts the support and love in your relationship.

Being appreciative of the everyday things you take for granted calls for a new mindful approach. This attitude of gratitude will do wonders for your relationship satisfaction, I promise!



Every night my husband and I express gratitude before bed, and it's quickly become our favorite part of the day! It's literally changed our behavior and dynamics because we are now more mindful about making sure we each do something sweet for each other so that at the end of the day we both have something to be grateful for. Then, it feels so nice to be recognized and appreciated. I strongly encourage you to try it. Just focus on one thoughtful thing your partner did that day and thank him or her:

**Today I'm grateful that...
I appreciate that you...
I'm thankful for you today because...**



With all of the scientific evidence that supports the practice of gratitude, why not reap the benefits?

CHAPTER 9:

Laugh Together to Stay Together

Words of Wisdom

- Sometimes you just need to take a deep breath and say to yourself, “Let go!”
- Force a smile to feel better—science says so!
- Life is short, so laugh together.

Some may say that the honeymoon stage does not reflect real life, but I say let’s take away a love lesson from this blissful time! Think back to when you first started dating your partner. There was probably a lot of laughter, flirting, and passionate sex. Things likely felt lighter then. There was positive energy, a go with the flow mindset, a sense of relaxation, and fun.

Lightheartedness and laughter calm most tense situations. Sometimes long-term relationships can feel heavy, serious, and at times even burdensome. Ask yourself: is it worth a fight? Can you laugh about it instead?



Sometimes when I'm about to blow my lid, my husband knows exactly what to say to make me laugh. He's also really great at putting things into perspective.

You can't read each other's mind, and you can't control everything. Take a deep breath and say to yourself, "*Let go!*" Sometimes you just need to laugh about it.

Maybe you can even crack a smile—forced or natural, it doesn't matter, both can help you stay calm! [Research](#) has shown that people in a stressful situation who smiled naturally or faked it both reported physiological and psychological benefits.



Ask yourself what's more important—the issue you're upset about, or your relationship. If you argue, bicker, and fight enough, it's only a matter of time until you wind up unhappy. Humor has a magical way of smoothing things over.



Obviously humor does not solve everything, and major issues need to be discussed with open and effective communication. But, for the rest of it, life is short, so laugh together!

CHAPTER 10:

Value Your Partner

Words of Wisdom

- Aretha Franklin's got one thing right: R-E-S-P-E-C-T is where it's at!
- Be your partner's biggest cheerleader.

In our romantic relationships, we make ourselves more vulnerable than in any other type of relationship. We fear rejection and crave acceptance. Our partners are the people with whom we hope to find unconditional love. We reveal flaws, eccentricities, and secrets. We are dependent on our partner physically, emotionally, and many times financially. When we rely on each other, we open ourselves up to being hurt.



As partners, you impact each other's sense of self-worth. As his or her biggest cheerleader, you need to value your loved one and treat him or her with honor and respect.

When you grow so comfortable with someone, it's easy to stop being on your best behavior. Accept that you will have differences of opinion and routines, and that's OK. Your job is to validate, uplift, and appreciate, rather than belittle, insult, and hurt.

We become irritable and snap, we criticize, name call, and try to change the person we love. It's funny that we can be kind to our coworkers, bosses, or complete strangers, but we can be so nasty at times to the person whom we love most in this world.

“Love successfully with kindness!”

CONCLUSION:

Those 3 Little Letters: S-E-X

Words of Wisdom

- Great sex at a frequency that satisfies both partners is important, but it's not the foundation to a happy relationship.
- Relational happiness is built on intimacy.

Congratulations—you've made it through all 10 secrets to loving successfully! Now it's time to implement and maintain these inspiring and relationship-strengthening ideals by putting them to good use.

Throughout this e-book, you may have noticed that sex was rarely directly mentioned. That's because I believe if you build a healthy foundation to a relationship, a successful sex life will follow. That's not to say you should ignore sexual issues, or that sex will magically occur without any effort. It's very similar to a date night—not all sex is spontaneous, sometimes it needs to be deliberate and planned.

As a lover of baked goods, I'll use a cake analogy any chance I get! Let's say your relationship has the potential to be a rich chocolate cake with whipped buttercream frosting (I'm drooling as I write this). Think of each chapter in this e-book as the important ingredients in creating a flavorful, decadent cake. You need *all* of these ingredients, otherwise your cake might turn out stale and dry, with no frosting!



And if we are running with the cake analogy, let's say that sex is the icing on the cake! You can have a yummy and delicious cake without the frosting, but the icing really hits the spot (pun intended)! Some people like a little icing, other's want a ton, but you need to build the cake (i.e. foundation) first!

“Sex is the icing on the cake!”

Great sex at a frequency that satisfies both partners is important for a successful relationship, but it's not the foundation. Relational happiness is built on intimacy. When you have emotional intimacy, sex and other forms of affection tend to be the result of feeling connected.



Rather than evaluating your relationship satisfaction based on the number of times you have sex each week (or month), tune into your relationship dynamic and begin to notice if, on days and dates where sex is off the table, you continue to grow and connect as partners.

