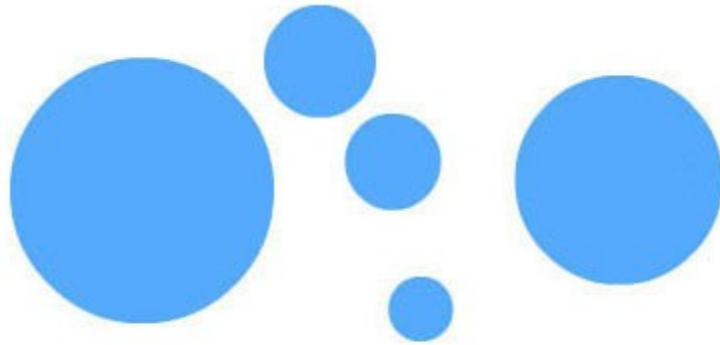


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Foreword

If you're searching for a relationship or you're presently unhappy with the one you're currently in, the very first thing you have to realize is who you are as an individual and what you want in a partner. This isn't a simple task in the least and is a lot more complicated than it appears. What it involves is stepping out of your comfort zone.



Law Of Attraction: Strengthen The Bond

Better Your Relationships With Others And Attract Success
With People.

Chapter 1:

The Correct Person and Communication

Synopsis

On the surface, expressing that you need to find the correct individual to be in a relationship with seems too obvious, but there is a richer meaning here. The right person has a different meaning for everyone. Most people mean an individual that they enjoy spending time with, someone who they have fun with and are attractive to them. All of those factors are crucial to having a good relationship, but they often do not last. In order for a relationship to work over time, you have to be with an individual who's aligned with your intentions and is supportive of your goals and ambitions.

Choose and Communicate Wisely

You have to find the individual who has the same core values and morals as you. For instance, somebody who's expecting to start a family and whose values and morals are more focused around the home wouldn't be well-matched with an individual whose core values and morals in life are thrill-seeking and adventurous.

They may get along well enough, have lots of fun and have awesome sex in the beginning, but over time, the mismatch in core values and morals will start to take its toll and start to drive both individuals apart. Values and morals refer to much more than life-style; it goes deeper to your core being. Your core being, meaning who you are and what is your higher purpose is.

How can you decide what your possible partners core values and morals are if you're just getting to know that individual? Just like you force yourself to go outside of your comfort zone and try new things so you can learn more about yourself, you should also plan on attempting to participate in a variety of new and potentially interesting activities with your date to see how they react.

Are they closed-off and close-minded? Do they know who they are as people? Do they respond the same as you do in different situations? Determine their past by asking them about yourself first and then ask them to reciprocate. Your potential partners behavior is can generally be determined by past behaviors.

You have believably heard this cliché being kicked around about all over the place- “Communication is the key”. What does effective communication actually mean? How do you do it?

Effective communication means two things:

- a) Understanding what the other individual is actually saying

- b) Making the other individual realize what you're trying to say. It seems easy, but in reality it is terribly difficult because most of us do not address situations in a straight-forward manner.

Human interaction is filled up with codes and implications that can contribute to us being easily confused and misunderstood. Upsets and arguments can come about when two individuals are not interpreting each other the correct way.

The 1st step in any effective communication is to be an active listener. This means listening carefully to what the other individual is saying and not what you assume they're attempting to say.

Effective communication helps in arguing less and enjoying one another more. It helps to diffuse negativity and aggression and make your partner feel more appreciated and treasured. Above all, effective communication helps you realize what your partner wants and needs in a richer way. This ensures that you're making a conscious conclusion that you're with the correct individual.

Chapter 2:

Adaptability and Compromise

Synopsis

We all develop and alter differently as humans. The one thing that's always steady is change. It's necessary to be in the kind of relationship that can also develop and shift over time.



Do It Right

A lot of the time individuals fall in love and marry an individual who appeared right at the time, but as time goes on, both individuals evolve differently. Sometimes one person evolves while the other is stagnant, and before you know it, neither person even knows the other individual anymore.

How can you differentiate if your relationship is adaptable?

Adaptability is the spin-off of many other characteristics like flexibility, spontaneity, and loyalty. Begin by determining first whether you're a flexible, spontaneous person. Then determine whether or not your partner is spontaneous and flexible. Do you both have to have matters strictly planned out before you do it? Are you able to enjoy an experience together just by winging it? Is a successful relationship significant to both of you? Do both of you come from a setting where both parents are still together? These are great signs of commitment. Also see how the other person reacts to bad news. Does he or she freak out and take it out on you? Or they do seek constructive ways to resolve the issue. These are all signs to help guide you in recognizing how adaptive your relationship is. An adaptable relationship is one that can stand the test of time.

A relationship requires two individuals working toward one outcome good. Occasionally one person wants to do one thing, while the other individual has something altogether something else in mind. How the pair responds and handles compromise goes a long way. The way people respond shows how they'll deal with the relationship in general. Compromise is more than just communicating, it's an attitude. Compromise precludes any hint of selfishness or self-

importance on the part of any one person. To rephrase, a relationship can't be successful if either one of the individuals is selfish or egotistic. Since compromise fundamentally requires making a personal sacrifice for the relationships better good, it's the antithesis of selfishness or self-importance. This does not mean that you desert any form of personal identity, but rather that you do not forfeit the good of the relationship on behalf of that individualism. That's a fine line to walk.

How can you tell if there's a suitable level of compromise in your relationship? Take a look at some of your latest interactions. Do you perpetually find yourself doing only whatever your partner wishes? Do you seldom pursue activities with your partner that you recommended or initiated? Is it ever a case of "my way or the highway" with your partner? If so, you have distinctly found yourself in a distracted relationship with little or no compromise.

This is a ruff situation to improve since most stubborn, selfish, narcissistic individuals are impossible to change unless they recognize these negative aspects of their personality and actively want to change themselves. All the same, what you are able to do is keep away from these kinds of individuals in the first place. Make certain that the individual you're dating respects fairness and compromise just as much as you do. When you're seeing somebody, take it slow and see how willing they are to share. Do they give of themselves and their free time easy and willingly? Are they concerned with your opinions and standards? Are they comfortable with agreeing to disagree? Somebody who's constantly trying to prove a point and thinks they are always right is someone who is poor at compromising.

Chapter 3:

Regard and Excitement

Synopsis

How do you recognize your partner genuinely respects you?

Take a look at some of the following indicators. Do they perpetually expect and/or require certain things from you, such as loans or favors that are unneeded or that are a great inconvenience to you? Do they talk down to you, put you down, or demean you?



It Has To Be Right

Somebody who claims to love another individual while at the same time is putting them down, degrading or insulting them is an abuser who does not genuinely love the other individual, but needs the other individual for their own self fulfillment.

Take a close look at how your partner discusses things in front of you and to others. Do they praise you to everybody they meet or pick at you and make you look bad? Pay close attention to the things they say and the way they respond to your needs and wants. Somebody who does not have respect for you is more concerned with what they get out of the relationship than what they can offer you.

A successful relationship is meant to be a long-lasting .But as time goes on, both partners have become accustomed to one another and routine and monotony sets in. Pretty soon both people start feeling tired with one another and look for exits out of the relationship. How do you keep this from going on?

When something has become monotonous, it is because it's always the same, incessant and never changing. Even things that were once arousing and pleasurable can become boring if repeated. There can be such a thing as too much of a great thing. How can such monotony be extinguished? It can be eliminated easily by bringing in a steady flow of change into the sexual part of the relationship and don't let things become too much of a routine.

Sure, a few things will always be routine, such as waking up in the morning, having breakfast, taking the commute, going to bed early enough to get some sleep for work the next day. However, life is often

outlined by its highlights, not by the monotone of daily existence. You should mix up your week with your partner with stimulating and fresh activities which break up the routine.

Put differently; add varied activities to your routine which create memorable highlights in both of your lives. Do not just attend the same restaurant to have the same dull dinner, reasoning that at least you are escaping from the monotony of a home cooked meal or being in the house period.

Rather, try a new cuisine such as Ethiopian or Korean which you'll long remember because it's so new and varied. Instead of taking the same vacation to the same beach house, take an exotic cruise to a new destination that you'll remember for the rest of your lives.

Live your life as if one day someone will write a biography- have you done anything interesting lately? If not, chances are your relationship is really starting to get stale.

Remember, hit the highlights, and your relationship will be much more arousing and stimulating, absolved of boredom and monotony.

Chapter 4:

Alone Time and Discipline

Synopsis

As is often the case when we first meet someone, we start to want to spend as much time as possible with them. As love deepens, that person may start to grow larger than life in our eyes, being the end all to our existence, everything we always wanted and will ever need. As the relationship progresses, you start to spend even more time with your partner, at the exclusion of spending time with others. You are seeing your friends less and less and spending almost all of your free time with only one person. The danger here is that the relationship can start to become smothering and both partners become co-dependent.



Good Thoughts

As previously stated, you want to avoid too much of a good thing, because it spoils and becomes bad. Excessive arguments and feelings of being smothered and boredom are all symptoms of spending too much time together.

We all need our alone time. We all need time as individuals, apart from our lovers, being with other people, or just alone. It helps us to regenerate, and come back to our lover or others with a fresh perspective.

It helps to make sure that we do not close off the inputs from the rest of the world and adopt blinders which shrink, instead of expand our world. It helps you to see where you stand in the relationship and what can be done to improve it.

One reason that we are usually able to give advice to other people, but can't see the answers for ourselves is that we are too deep inside our own situation to be able to see all of it as it is.

By having enough alone time and being able to step outside of the relationship, we are better able to be more objective about it and see it in its full totality to have a better understanding of what it truly is.

All successful relationships require balance. Keeps a level of balance regarding the time you spend without your partner, and the time you spend with your partner will be that much more fulfilling.

Everybody is acquainted with the famous tale of the tortoise and the hare. The slow and steady tortoise wound up winning the race, even

though the hare was much faster. Slow and steady wins the race. This too is true with relationships.

A successful relationship is a marathon, not a sprint. Just like life is comprised of seconds, then minutes, then days, weeks, and years, so too do relationships consist of a number of small details, characteristics and behaviors that add up to a larger collective of life events that comprise a relationship.



Wrapping Up

Conserving a healthy relationship demands the discipline to see the larger picture and deal in a positive manner with all of life's little labors.

It demands the discipline to handle our temper when our partner makes us crazy with frustration, the discipline to turn a blind eye to our spouses' errors and the discipline to push ourselves to adopt an optimistic mindset even when things seem confused.

This does not mean to be delusional in the face of perilous obstacles or hopeless causes, but rather to have the discipline of mind to understand that a happy relationship with an excellent partner is much, much bigger than all of the little disturbances of life combined.

Once you know who you are and what you're looking for in a partner, and once you know that you've found yourself with a great individual that you see yourself spending your life with that person through good times and bad, then that understanding, that trained mentality will keep you moving full speed ahead on the right track no matter what obstacles come in your path in the marathon of relationships and life.