



Love and Relationships

A PERFECTLY CRAFTED GUIDE ALL
ABOUT LOVE AND RELATIONSHIPS

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Introductory

Myrna, 38 and a successful physician, sought my help because she often felt inadequate. While she really valued herself as a doctor, she did not value herself in her important relationships with friends and family.

In addition, she said she wanted to be in a loving relationship but she took no actions to meet available men.

In the course of our work together, it became apparent that Myrna rarely took loving action in her own behalf with her friends and family. For example, Jessica, one of Myrna's friends, would often get angry and blame Myrna when Myrna was not available for dinner with Jessica.

Myrna would feel guilty and responsible for Jessica's feelings and meet her for dinner even when she was exhausted from work. Myrna would feel drained after these dinners and depressed for a few days after, never realizing it was because she had not taken loving care of herself.

Myrna realized that the reason she was afraid to be in a relationship was because she had no idea how to take care of herself around others. She was terrified of completely losing herself in an important relationship.

She realized that if she could not speak up for herself with Jessica, how could she ever speak up and take loving action for herself with a man she was in love with? She realized that she would continue to feel lonely, anxious, inadequate and depressed until she learned to take loving action for herself.

Many people suffer daily from anxiety, depression, stress, and anger as well as from feelings of guilt, shame and inadequacy. The major cause of these feelings is a lack of loving action in their own behalf.

Loving actions fall into two categories: Loving actions for yourself and loving actions in relationship to others.