

*Make it Happen!
Discover More
Love and Passion*

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Love & Relationship Coach*



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Love Prints Relationship Coaching

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Introduction to Love and Relationship Coaching

I'm very happy to welcome you to Love Prints Relationship Coaching. I'd like to start by giving you some information about my goals as a love coach, how a love and relationship coach can help you and the journey that started this career...

What is the most important relationship in your life? We love our family and we all have friends that we love. The relationship with our significant other, husband, wife, or partner is one that we need to nurture and build. But how many people do you know in unhappy or unhealthy relationships?

I was looking for definitions of an unhealthy relationship and I discovered this:

People spend so much time to build new relationships. Most people expect healthy relationships that feature respect for differing attitudes, open communication about feelings, and trust in the other. Healthy relationships always add to a person's well-being. But, unhealthy relationships often cause stress and subtract from their happiness. Such relationships often leave them feeling depleted of energy.

... Disagreements, need for cooperation, and times of irritation are common in all kinds of relationships. These matters alone are not sufficient to indicate that a relationship is unhealthy. There are other aspects to think about in deciding whether a particular relationship is desirable or not.

In an unhealthy relationship, one or both participants attempt to control or influence the other, make the other feel bad, dictate the partner's moves, criticize the other's relatives, are scared of the partner's anger, discourage the other from being close with anyone else, and ignore each other in conversations. An unhealthy person is also overly possessive. He always spends time to criticize, or support others in criticizing, the other person's ethnicity, sexual orientation, religion or disability.

Unhealthy relationships can be easily avoided. A good option includes learning to love and look after yourself, irrespective of whether or not someone is in your life. Once you recognize your own requirements, you can simply work with the feelings of others, without letting them interfere with your own. When you make a relationship with yourself, you no longer need poor relations. In its place, you can educate yourself to have giving relationships.

(excerpts from - <http://ezinearticles.com/?Unhealthy-Relationships&id=354372>)

Many of us grew up in a household where our parents stayed together “for the children”, but we knew they were unhappy. Did you grow up promising yourself you would never make those same mistakes? You’re in good company if you did – but many people do not have the knowledge they need to have a successful, long term relationship. Do you continue to stay in an unhappy relationship? Do you leave someone you love because you just can’t work out the problems? Or, do you have another option? Yes – you do have an option.

There can be many possible reasons why a relationship is especially rocky and difficult. I found long ago that if you don’t feel good about yourself – dare I say, if you don’t love yourself – it is very difficult if not impossible to be in a healthy relationship with someone else. Growing up, I was taught all the things that “good girls” don’t do. I was also told that some things are “unapproved” – and people who do or think about these things is a bad person. Many people have similar experiences, but what can you do about these things? Do these things have to make you feel bad about yourself and harm any relationships? NO!

In some religions, some societies, and some families, you will be treated badly, talked down to or even banned – for “unacceptable” behavior. This often leads to excessive sexual guilt that can wreak havoc with future relationships. It can lead women to feel they shouldn’t enjoy sex, it can lead to “sexless” marriages where both partners are unhappy and it can lead to other issues in your relationship.

People seldom feel this is something you would talk with a psychiatrist or psychologist about – and it certainly isn’t something that you would talk to your family or minister about. So, what option do you have? You can schedule an appointment with a love coach – also known as a relationship coach.

As a relationship coach – I work with people to help with many different problems. Some of the things I like to focus on include:

- Learn to love yourself, to accept yourself as you are
- Learn to understand and get past shame and guilt
- Learn how to set and reach goals to improve your quality of life
- Learn to get in touch with your sexuality and feel good about yourself
- Learning to deal with self-respect and/or self-esteem issues
- Help men and women understand how their sexuality affects their lives
- Work with people to build a solid foundation for a long term relationship

Even if you’re already in a relationship, you can work on that solid foundation and either prepare for a future relationship or work on your current relationship. The

building blocks of a solid relationship can include: learning to flirt, successful dating, learn to communicate effectively, develop a real intimacy with your partner, the art of kissing, understand and develop a lasting love, learn the skills and emotions of stimulating foreplay, how to enrich your life as a couple and much more.

Love and Relationship Coach: Why Would You Need One?

For many people, there may come a time when they are dissatisfied with their life. He or she might think there is something more for him or her out there. The dissatisfaction could be about the job, love, children, sex life or about life in general. If you feel this way then you may be in need of a love coach.

Love and Relationship Coaching

A love coach is a lot like a baseball coach, a basketball coach or a football coach. The coaches teach and train the players to identify and change faulty habits, then develop so they can improve. A love coach works a lot like that. The coach helps people identify and change faulty habits, develop and improve the different aspects of their lives and to determine and achieve their goals in life.



Love coaching is a process that can change and improve your life in many ways. It is a partnership for you and a coach to work together for a period of time. You work together and have sessions that focus on your needs and other issues.

With many types of therapy, you discuss and focus on the past. This can include what your mother or father did that led you to this point in your life. With a love coach, we want to help you move forward, identify things that are holding you back and set appropriate goals that will move you and your life forward.

Through these sessions, the love coach helps you identify various strategies and solutions to improve your life and your love. This is an interaction between two persons and it is not only the coach who makes all the decisions. You need to be actively involved especially in the decision making process. The most successful coaching happens when you are ready to take positive action to improve your life and love. Are you ready and motivated to make a positive change in your life?

Why Do You Need Love Coaching

The point in time when you want to and are ready to make a change can quickly come and go. This will happen from time to time and it begins to bother you.

- So what will you do about it?
- Is it okay to let this keep happening for the rest of your life?
- Is it okay not to do anything about it?
- Will you be happy if you leave this unresolved?
- Is it okay to feel dissatisfied?

With a love coach, you are given a helping hand to guide you to take that big leap and change for the better. He or she is there to aid in determining the right path for you to take to improve and feel satisfied with your life. The coach helps you learn how to improve your life.

Benefits of Having A Love Coach

A love coach helps you determine what you want, why you want it, and how you can achieve it. He or she will help you take the steps to move from where you are now to where you want to be. A love coach gives encouragement, provides support and confidence as well as motivation for you to achieve your goals.

Will You Really Benefit From It

Anyone can benefit from love coaching. It doesn't matter where you are or who you are. As long as you want changes and improvements in your life, you will benefit from having a love coach. Whether you are a man, a woman, married or single, there are many ways a love and relationship coach can help you make changes in your life. If you're single it is a great time to become a person who has the knowledge to have a healthy and long lasting relationship.

Love coaches have been effective when it comes to many different aspects of life. This includes self-esteem, self-confidence, dating, choosing a partner, keeping romance and intimacy alive, aspects of your sex life, putting more spice and variety you're your relationship, learning to love yourself, and so much more. It all depends on you and what aspect of your life you need help with.

So could you benefit from working with a love coach? The only one who can answer this now is you. The basics of love coaching and love coaches have been

laid out for you and it is up for you to decide if you need a love coach. If you want to discuss the details, contact me at lovecoachjourney@gmail.com

Your Part in the Process When Working with a Love Coach

I'm here to help you – but *you need to be ready to take action and make positive changes in your life*. Love coaching clients do have responsibilities. Remember, as a coach, I'm here to share the tools and processes you need to improve your life. In the end, you will be responsible for making the needed changes and this can empower you and strengthen your relationship in ways you probably can't imagine.

Some of these responsibilities include:

- Avoid defending or justifying behavior
- Take the process seriously
- Use other supportive people in addition to your Love Coach for feedback
- Take responsibility for change and improvement in yourself
- Keep a journal of progress
- Give your Love Coach honest feedback about what is and is not working
- Be ready to Take Action!

Client Excuses - You must take responsibility for their actions. These are some common excuses, but none of these help you make positive changes and will only delay the results you want and need.

- Clients may attempt to blame and make excuses for why they haven't been able to accomplish their goals. Your coach has the job of redirecting these excuses and to support you in taking responsibility for your relationships, sex life and overall satisfaction
- Some excuses may include "I'm like this because I had a bad childhood" or "I said I wanted a relationship, but everyone tells me it'll never happen"
- Clients will often attempt to blame others for their dissatisfaction
- Clients need to know blame can become a very impeding behavior and stunt their emotional growth
- Blaming becomes an easy "out" since you cannot change someone else. So, many people "settle" when they don't have to

- You may be asked to explain how you came to have certain beliefs. This can result in discovering the style or pattern of excuses came from past relationships where there was no closure.
- When you are tempted to make excuses – remember taking responsibility empowers you to get in the driver’s seat and take control and change the destructive patterns that didn’t work in the past. This awareness can help reduce your stress level

Benefits of Working with a Love Coach

- Achieve breakthrough results
- Be able to make changes and transitions more easily
- Build supportive structures and relationships in your life
- Develop more effective personal habits
- Discover what’s next in your life
- Gain greater clarity and focus
- Improve your effectiveness and productivity
- Increase ability to trust and learn how to decide on risks
- Increase energy, ease and flow in your life
- Increase satisfaction and fulfillment
- Increase your self-confidence and self-esteem
- Increase and improve your well-being
- Launch new projects
- Move beyond your previous limitations
- Move to a greater sense of balance and wholeness
- Remove obstacles that are holding you back
- Set and work toward goals in your life
- Take action to improve your life and relationships
- Tap into your inner wisdom
- Unleash your passion
- Enjoy life more!

How a Love Coach Works

- They are a Love Coach – not a counselor or therapist
- They offer coaching and education
- They do not offer therapeutic or medical advice
- They determine details about the sort of coaching that is needed
- They are realistic about the possibility of being helpful to you
- They discuss fees and details about coaching sessions in the beginning

- They help client set and reach goals – they do not try to “fix” the person
- They help clients focus on improving the future
- They do not focus on the past problems
- They monitor client successes and celebrate achievements
- They support and motivate clients and listen to help them form a plan
- They teach tools and techniques the client can use to achieve their goals
- They develop homework and “lovework” assignments to reach their goals
- They encourage clients to reach out to other professionals if needed

Ethics of the Love Coach

A love coach is bound by all ethical requirements of other professionals. This would include confidentiality and other ethical guidelines. They must create a safe environment so the client feels they can share the details the coach needs to determine the best course of action to reach their goals. All clients need to sign a Love Coaching Agreement and you can see a sample agreement below.

- Never share personal details with anyone – except your Coach supervisor
- Never discuss the coaches personal sex life with clients
- Never judge or ridicule a client
- Never accept personal gifts from clients
- Always give full details about training, abilities, skills, experience, skills etc
- Never be sexually involved with clients or others connected to a client

What sort of things would you like to discuss with a Love Coach?

The Importance of Loving Yourself

I definitely believe we must love ourselves in order to be a truly happy, lasting and satisfying partner in a relationship. First and foremost, how can you honestly expect and ask someone to love you – if you don't love yourself? I'm not talking about being conceited and thinking you are better than other people — this is about loving, caring and respecting yourself.

I just read a wonderful chapter in *True Love: How to Make Your Relationship Sweeter, Deeper and More Passionate* by Daphne Rose Kingma and I have to share it with you....



Love Yourself

All too many of us consider love to be the miracle by which, finally, we will become complete human beings. This is the fixer-upper notion of love, the idea that we're not all right as we are, but if we can just get loved by somebody, then that will prove that we're ok.

Ironically, however, in order to be well loved, you need first to love yourself. For in love, we get not necessarily what we deserve, but what we THINK we deserve. Just as Harry Homeowner who has a house that's worth one million dollars might sell it for only \$500,000 if that's all he thinks it's

worth, so the person who underestimates his or her own value will be shortchanged in love.

Love begets love. If you don't think well of yourself, you can't be positively affected by the person who is celebrating you for the specialness you don't believe you have. If you don't know, and love, what's important, special, precious, and beautiful about yourself, you can be sure you will not be serenaded, sent roses, lauded, paraded or daily smothered in kisses by someone who does.

Loving yourself is knowing yourself, enjoying and valuing yourself, and understanding that self-knowledge is a lifelong personal enterprise. It means that you appreciate yourself at least as much as you value your honey, that you know he or she is lucky in love as you believe you are. It means you measure your strengths and weaknesses neither with the abuse of self-deprecation nor the insanity of ego mania, but with genuineness, with accuracy. Loving yourself is recognizing your gifts and talents, and putting them to good use, acknowledging your flaws, and forgiving yourself for them. Loving yourself is reaching for more, for the best, in yourself.

So often we put up with shabby treatment in love because we don't believe we deserve better. But self-love is always a model for the love you may reasonably expect, the true measure of the love you will give and get. Your heart can only

hold as much love as you believe it can. So treat yourself better, believe you deserve to be treated well, and you will get treated ever more wonderfully in love.

True Love: How to Make Your Relationship Sweeter, Deeper and More Passionate by Daphne Rose Kingma – pages 30 – 31

When You Look in the Mirror – Who Do You See?



Take a long hard look in your mirror – who do you see? Do you allow yourself to look inside and learn more about yourself? Do you love yourself? Not a self-centered kind of love, but a healthy love and respect for yourself.

The divorce rate gets higher each year, less people are getting married each year and there are more dysfunctional families each year. It would seem these facts prove people need coaching in their relationships. What if they started by developing a healthy relationship and respect for themselves?

Goals for a Love Coach/Relationship Coach

- Make a real difference in the coach's life and the lives of clients
- Share positive and unbiased information about love, relationships, intimacy and sexuality
- Provide positive information to empower clients to give and receive love
- Teach clients to communicate their needs effectively
- Support clients to set their own goals and to make their own decisions
- Empower clients to live and love to the fullest
- Provide honest, complete and non-judgmental support
- Listen to our clients and help them develop a plan to reach their goals
- Help clients understand and reach their personal potential through a strategic plan

It is not the coach's job to make the decisions for their client, but to help the client look inside themselves, learn more about themselves, learn to love themselves and set the goals that will help them reach their personal goals.

A love and relationship coach helps you learn to love yourself and others. For many people, learning to have a healthy love for themselves, will set them on the road to much healthier and more positive love with other people. It's hard to expect someone else to love us, when we don't love ourselves.

Coaches help with various types and stages of relationships, including: social, romantic, sexual and intimate. Whether you want to prepare for a successful long term relationship or if you want to improve a current relationship – you can benefit from working with a love coach.

Love coaching and relationship coaching is not therapy, is not psychology or psychiatry – we don't cure you or heal you. Instead, we help you look inside of yourself, determine what you need and how to make your life and your relationships better – on all levels.

Are You Happy in Your Relationship

What would you discuss with a love coach or a relationship coach? This coach helps you with a variety of areas of your personal development. They help you set and reach goals in these areas of your life,

- Dating
- Love
- Romance
- Relationships
- Intimacy
- Sexuality

When someone asks how your relationship is – what do you say? Do you smile and say, "Its great"? Do you try not to grit your teeth when you say, "Its fine"? Or, do you hesitate because you aren't sure how you feel about your relationship?

Think about those six important areas of your life. Take out a piece of paper or print this out and beside each area, write how you feel about it. Are you very satisfied, satisfied, not satisfied, very dissatisfied? I know that sounds like a

telemarketer questionnaire, but this is much more important than any telemarketing call.

Think of your **dating** life, even in a committed relationship, you should still take time to date. Do you and your partner go on dates – just the two of you at least once or twice a month? Do you use this time to focus on one another or are the kids or friends and family always with you? Dating is a great way to focus on one another and to keep the romance alive.

What about **love**? Sure you love your partner, but are you still *in love* with them? Many long term relationships continue, but that spark that makes your heart skip a beat when he walks in the door or when she has great news, just isn't there. Do you work to keep your love strong? Do you kiss your partner good bye when they leave and kiss hello when they get home? Kissing is often the first thing a long term couple stops, and that is an indication something is wrong. Make a commitment to kiss, a real kiss, not a peck on the cheek, at least twice a day.



Romance – is there still romance in your relationship? If you still go on dates with each other, that's a great start. What about doing little romantic things for each other? Do you leave thoughtful loving notes for your partner to find? Occasionally do you turn down the lights and have a quiet dinner alone? During the work day, take a few minutes to send a sexy text to tell your partner what you'd like to do with them later that night. It will bring a smile to their face and could easily brighten a dull afternoon at work.

Romance doesn't have to be hard – especially in a long term relationship, you know what your partner likes – and you should never stop looking for ways to please each other and show you still love one another.

Are you happy with your **relationship**? This goes beyond having a roof over your head and food in the fridge.

- Do you feel complete in your relationship?
- Do you and your partner work together to make and maintain a home?
- There will always be issues to contend with, but do you know your partner is there to support you and to work through the hard times?
- Do you feel good about yourself in this relationship?

Are you happy with the level and degree of **intimacy** in your relationship? Is your sex life fulfilling for you? That doesn't mean that you have sex several times a month. That means do you have sex on a regular basis and is it truly satisfying. Is it like the kind of sex you had when you were first married? Do you and your partner make an effort to find new ways to please each other? Do you have a real intimacy in your relationship? That isn't just sex, but the deeper connection between you and your partner – the kind that touches the deepest parts of your being and that satisfies you completely – with or without sex.

These are just some details off the top of my head. Take a few minutes, look over the questions above and think about how you would rate dating, romance, love, intimacy, relationship and sex – in your life. Are there any areas you'd like to talk to a love coach about – to find ways to make it even better? Do you feel like you are getting a better understanding of the areas where a love coach or a relationship coach can help you?

These are the kinds of things I help people with as a love coach. I'm sure the learning will not end, but learning to find the core problems and help clients use a variety of tools and techniques to improve the quality of their relationships is very rewarding and very satisfying.

Love Coach Tips

Following are some articles I've written that share some of the interesting topics I discuss with clients.

Do You Feel and Think Like a Survivor or a Victim

Likely, we've all heard "What doesn't kill you makes you stronger" or maybe "God never gives you more than you can handle". I have to tell you there have been times in my life when I really doubted the truthfulness of those statements. It is true that I have survived everything life has thrown at me – and I believe those are some of the things that made me a strong and independent woman.

There are the survivor mentality and the victim mentality – these are two very different attitudes. Let's start by defining the differences. I found these awesome explanations at <http://beasurvivor.blogspot.com/2009/06/survivor-mentality.html>

The Survivor: *The smart, mentally strong individual who takes the bull by the horns. This person may not be strong physically; physicality seems to have less to do with survival than people think. It is the person who can keep his emotions in check, assess the situation, think outside the box, and take a lead in making their current state better than it was just a few minutes ago. This person's forte is solutions.*

The Victim: *This person blames everyone but themselves for their situation in life, they have either had a bad upbringing, been a victim of the system, and they are always looking to "others" as a solution to their current state. This person could conceivably bench press 400lbs, but it makes no difference because their state of mind will lead to their downfall. This person's forte is making excuses.*

Here are some specific examples for the survivor and the victim – which describes you?

The Survivor Thinks –

- Look at the things and people I have in my life
- How can I become and do more
- Looks at the positive things in life
- Finds ways to make things happen
- Acknowledges responsibility for the good and the bad in life
- Takes guidance and constructive criticism
- Creates goals for him/herself and works hard to reach them
- Learns from mistakes and strives not to make the same mistakes
- Forgives people who harm them in some way
- Imagine a long distance runner, patiently working toward goals and the finish line

The Victim Thinks –

- Look at all the things I don't have, there are many more things I want
- Waits for things to happen and wonders why others are having success instead of them
- Wonder why can't I have and do more?
- Finds excuses for why they can't do things
- Blames others for their problems and ignores their own culpability
- Feels and says they know everything
- Creates obstacles for him/herself which hold them back from success and happiness

- Fail to learn from their mistakes and makes the same mistakes over and over while thinking they should get better results
- Holds a grudge even at times when there is no plausible reason for a grudge
- Imagine a short distance runner who burns out quickly and fails to reach the finish line

Do me a favor and think about those comments. I want to ask some tough questions and I ask you to really think about your answers.

- Which of these comments describe your attitude?
- If you have a victim mentality – do you think someone else will want a relationship with you?
- If you have a victim mentality – what positive things do you bring to a relationship?
- If you had help to understand how to set goals and how to reach them, would that help you?
- If you had help to understand yourself better and to work toward a loving relationship with yourself, don't you think it is more likely that you could be a loving caring partner?

These things are at the heart of my goals and some of the reasons why I studied to become a love and relationship coach. I've had rotten things and some very tragic things happen in my life – with very little help to deal with them. But with effort and determination, I was able to move past the victim mentality that is so easy to slip into and to create a positive life. I can help you do the same – feel free to contact me about more information about how love and relationship coach can help you. (lovecoachjourney@gmail.com)

Some Common Relationship Myths

Relationships and marriage are surrounded by many myths, stories and advice which are freely offered by people on a daily basis. Unfortunately, many people believe these pieces of “so-called” wisdom and often it doesn't help their marriage and it often hinders their growth. Many of the relationship myths are incredibly damaging and it is unfortunate that these are such common beliefs. Once you understand why certain bits of advice or information can be regarded as myths, you can break through what could be blocking the growth of your

relationship. You may learn to appreciate your partner and your role in your relationship even more.



Sensationalist television, magazines and talk radio have been key players in fueling the belief that there is **a battle between the sexes**. There are definitely some physical and psychological differences, but these things are not enough to be described as a 'battle'. When you allow yourself to consider any kind of battle between the sexes, you risk grouping all men or all women into a certain category and stereotyping. Once you recognize your

partner is a unique individual with a number of positive attributes, you can eliminate the idea that you have to be in a conflict or battle with your partner. A belief about a battle or conflict only leads to lack of communication, misunderstandings and it discourages growth in any relationship.

Nice guys finish last is one of the worst possible sayings floating around today. Whoever came up with that and actually uttered those words must have been feeling truly low and full of self-pity because there simply cannot be any other explanation. Nice guys never finish last. They may have a longer and harder road sometimes, but it isn't often that you see the bullies and jerks finishing first. If they aren't, who is? It's the nice guys, but they are so nice and gracious you don't hear them bragging about it. It is also important to note that the word 'nice' doesn't mean 'weak' or 'effeminate' in any way. Nice means socially or conventionally correct; refined or virtuous and not at all negative in any way. Nice is not another word for push over or spineless. Nice is as close to a 'perfect' man as you can come and they always end up first in line.

Romance is all you need in order to save your relationship is a wonderfully optimistic thought, but not quite accurate. If simple romance were enough to save a relationship, it would be running wonderfully rampant throughout the world today. Unfortunately, it takes more than simple romance. If you truly feel love for your partner and you are expressing it through romance, then it will save your relationship. If you are trying to use romance to buy some time or to placate your

partner, then you are only buying time or placating your partner. Your time as a couple is most likely limited and should be attended to immediately by a professional.

Continuing to hold onto the myths and old-fashioned views of relationships and marriage can hold couples back from having a truly fulfilling and happy relationship. It is important to recognize your partner and his or her individuality with so much to offer you and your relationship if you love, support and respect your partner. Encouraging your partner through support, understanding and appreciation are crucial to breaking through stereotypes and the myths that surround relationships between men and women.

Working to dismiss that type of information as old-fashioned, irrelevant and flat-out wrong can open doors in your relationship you didn't even know were closed. When things become tense between you and your partner, keep in mind some of the stereotypes you are familiar with and work to put them out of your mind.

For example, if one of you or both of you believe **that romance is the best way to hide or ignore each others faults** – that will cause you more problems. Someone who is not a nice person doesn't miraculously change because they give their partner flowers. That partner still isn't a nice person. Romantic gestures may hide faults for a while, but the person's true self always come through. Start by being realistic about each other and your expectations, then romance can work wonders to improve your relationship.

If you give them an inch, they'll take a mile and if you are in a long time relationship, you most likely would have seen it by now if that is true about your partner. For most people, there isn't any truth to this saying and it sets us up to be suspicious of someone. People who believe this myth will be suspicious when it isn't warranted or deserved. If you give a little bit consistently, you will be satisfying your partner and they won't need that extra. If you don't ever give or give so infrequently that your efforts are forgotten, your partner has every right to demand a mile from you. Give him or her an inch and enjoy the journey down the rest of the mile together.

If you think that once you marry someone that you can change him or her, you are in for a rude awakening. You cannot change a person, yet you can make an impact on how they see things, you can help them adjust to new or unfamiliar ways of thinking and you could manipulate them (although I never recommend that), but nothing will change or even fix your partner.

Never manipulate or push your partner into a direction he or she resists. You may be the one who needs to alter his or her way of thinking or viewing things. You may be able to do that on your own or require the help of a love coach to show you the skills you need for better understanding and acceptance of you and your spouse. If you feel there are problems between you and your partner due to personality conflicts, try working together to learn how to express thoughts and feelings better and more productively. If you are both in love, you will find the romance in there somewhere.

Pursue Your Purpose – Before Pursuing a Relationship

I recently picked up a copy of *The Way of the Superior Man* by David Deida. Here's an excerpt.

Your Purpose Must Come Before Your Relationship

Every man knows that his highest purpose in life cannot be reduced to any particular relationship. If a man prioritizes his relationship over his highest purpose, he weakens himself, disserves the universe, and cheats his woman of an authentic man who can offer her full, undivided presence.

Admit to yourself that if you had to choose one or the other, the perfect intimate relationship or achieving your highest purpose in life, you would choose to succeed at your purpose. Just this self-knowledge often relieves much pressure a man feels to prioritize his relationship when, in fact, it is not his highest priority.

Your mission is your priority. Unless you know your mission and have aligned your life to it, your core will feel empty. Your presence in the world will be weakened, as will your presence with your intimate partner. The next time you notice yourself “giving in” to your woman, postponing your mission and denying your true purpose in order to spend time with her, stop. Tell your woman that you love her, but you cannot deny your heart's purpose. Tell her that you will spend 30 minutes (or some specific



time) with her in absolute attention and total presence, but then you must return to carry on your mission.

Your woman will be more fulfilled with 30 minutes a day of undivided attention and ravishing love than she will with a few hours of your weak and divided presence when your heart really isn't into it. Time you spend with your woman should be time you really want to be with her more than anything else. If you'd rather be doing something else, she'll feel it. Both of you will be dissatisfied.

From *The Way of the Superior Man* by David Deida, Chapter 7

Getting in Touch With Your Sexuality

Because of their environment, society, religion and other influences, there are many people who are not in touch with or comfortable with their sexuality. It can be very liberating and empowering – in a positive way – to feel comfortable with your sexuality. I don't mean that in a sleazy or promiscuous kind of way – but more like being comfortable and not ashamed or guilty about sexuality.

Female Sexuality

It is not really a secret that men do not understand women and let's be honest, women don't really understand men. A total understanding of your partner may be too much to tackle all at once. So, let's start with an attempt to shed a little light on that mysterious thing we call "female sexuality".

If we're being honest – how many women really understand their sexuality? I'll be honest that for many years I avoided any deep consideration of my own sexuality or anyone else's. For years I'd been told that "nice girls" don't know that sort of thing. Well, I'm here to tell you that I got past that mentality and it is very liberating and empowering to understand your sexuality. Its also very satisfying to "feel comfortable in your own skin" and being comfortable with yourself – and that includes your sexuality – is a wonderful thing.

It is also very beneficial to understand your partner's sexuality. That gives you a much better understanding of who they are on a deeper level and... a better understanding of how to please them.

There are five key elements to a woman's sexuality

1. Accept your sexuality
2. Understand what arouses and stimulates you
3. Understand your body
4. Give yourself permission to "let go"
5. Take responsibility for your own orgasms

Let's dig deeper into each of these elements of female sexuality.

First, you need to be able to accept your sexuality. It is a part of who you are and understanding that is acceptable and very beneficial for you and your partner. Society, family, friends and/or religion can have a very detrimental effect on how we view our sexuality. These factors can also cause us to suppress our sexual feelings, needs and desires. Go ahead, be human and enjoy the sensations.



Second, you need to know what arouses and stimulates you. This is important for you personally, but it's also important for your partner. How can you help your partner please you — if you don't know what pleases you? You will learn to understand what you like and what pleases you — in many different ways. Once you understand what pleases you, you can share these things

through communication with your partner. Then, encourage your partner to communicate what they want and need from you.

Third, learn about your body. Do you know the various parts of your genital anatomy? If not, you should get to know each part and to learn more about those parts of your body. Your partner would also benefit from learning more about your anatomy. For diagrams to learn the actual location of the various parts of the female anatomy, visit <http://lovecoachjourney/female-anatomy/>

Fourth, give yourself permission — mentally, emotionally and physically — to give in to complete and total pleasure. There are too many women who have been "programmed" to feel guilty when they are aroused. That makes it difficult if not impossible to have a very satisfying sex life. Dr Ava Cadell, a mentor of mine says, that "love is a beautiful gift for someone who is deserving of you." When

you are with someone deserving of your love and your trust – surrendering to them completely sexually can be one of the most beautiful things you will both experience.

Fifth, men may not like this, but women need to take responsibility for their own orgasms. We want our partner to learn how to stimulate us – but we need to take responsibility for reaching orgasms and allowing ourselves to “let go”. How often have we heard someone say they “gave” their partner an orgasm? Not to bust your bubble or puncture your ego, but orgasm begins in the mind and while a partner can do many wonderful things to facilitate orgasm – the individual needs to take personal responsibility for their own orgasms.

This is only the beginning of the details about female sexuality. We have much more to discuss in future posts. These are things that a Love Coach can help you to develop in your own life.

Male Sexuality

Men often seem very confident about their sexuality and sometimes to the point of being cocky. But, deep down it is possible they don't really understand their sexuality any more than women do.

Let's discuss five keys to male sexuality. They are:

- Accept your sexuality.
- Be Aware of what arouses you.
- Be Knowledgeable about your body and its biological changes.
- Give Yourself Permission to surrender to pleasure.
- Take Responsibility for your orgasm.

For people who read the female sexuality, you will notice they look very familiar. In fact, these are the same elements of female sexuality — so men and women need to understand the same things about themselves.

Men – do you accept your sexuality? It seems this may be easier for men, since they don't have the same society, family and religious pressures that women face. But, it can still be tough for men, and especially young men to accept their sexuality.



Next, be aware of what arouses you. Obviously a hot person – will arouse you. You can be aroused in person, in a picture, their voice or a movie etc. But, what is it about the person? Does it go beyond a big chest or a cute backside? Is it the same thing with every person? Understanding what arouses you can help you to make a more educated evaluation when you want to have a serious or potentially serious relationship.

This may sound silly, but it is more complicated than you may think. Third is to understand your body and the changes your body goes through

biologically. You are more than your penis – and that includes the size. Many men focus on their size and there is much more to a man. The average size of a flaccid penis is 3 $\frac{3}{4}$ " and the average size of an erect penis is 6 $\frac{1}{2}$ ". For more details, please check this article –

http://www.netdoctor.co.uk/sex_relationships/facts/penissize.htm.

You also need to understand the changes your body goes through and this includes various health concerns at different ages. This includes having the correct screenings and examinations as needed. It also includes understanding the various parts of your body – including the genitalia. If you would like some additional detail, visit <http://lovecoachjourney.com/male-anatomy/>.

Next is something that many people find difficult. Give yourself permission to surrender to pleasure. This can be more than just having an orgasm. Really get involved in what's happening to you, to your body, to your partner and really enjoy it. Have you heard of "riding the wave of passion"? That could be an example. Just let yourself go completely – don't be self-conscious about the expression on your face, your size, whether you think you came too soon, or any of those other things you may worry about. Are you willing to surrender and let your partner take control?

Finally, take responsibility for your own orgasm. This is something men and women both need to do. Don't expect your partner to "give" you an orgasm. We

all want our partner to share and contribute to our orgasms and we encourage that, but we should never leave our pleasure up to another person.

We can show our partner what we like, we can tell them what we like or we can encourage them when they do the things we like – but we can only do that, if we understand our bodies and what arouses us. So, in the space of a few paragraphs we have come full circle on ways to be more in touch your sexuality.

Reading Body Language – Interested or Not

How many times have you wondered if a person is interested in you? Many people keep their thoughts and feeling to themselves, so it is great to have another way to “read their mind”. How can a person show his affection to another person without telling him or her? How can one know he or she is indeed attracted to another person?

Body language is your way to break the secret code for romance. A person’s body language is an obvious way of telling someone how he feels and a subtle way to share what he wants to say. Your eyes, facial expressions, and body movements do express your desire to engage in a romantic or intimate relationship with another person.

Look Deep Into My Eyes

The eyes are strong indicators of romance and attraction. They can express, flirt,



and even seduce much better than words. Eye contact may not mean anything if it only happens briefly. But when it lasts longer and includes an intense look, he or she is definitely into you. Winking will also work, but it requires right timing. Another strong evidence of

attraction is when someone catches your eye, looks away, then looks back at you again. On the other hand, if he or she look away and never looks back again, it is a clear sign he or she is not interested.

Read My Face

The smile is one of the greatest sign he or she likes you. It means he is truly interested, comfortable, and enjoying your company. But it is important you know how to determine a forced smile from a sincere one. Raising the eyebrows, even when done subconsciously, has been done by people flirting with each other.

The Magic Of Touch

Sometimes, leaning towards another person just is not enough. In these instances, we find that closing the distance between us is much better. A light tap or stroking the arm can be a great way to send electric signals to another person. Most of people pretend there is a smudge on the face or lint on the clothes just to have a reason to touch. What sorts of excuses have you used to tough that special person?

Men and Women Use Body Language in Different Ways

Compared to men, women can send signals of attraction five times stronger. They have more flirting habits than men and most of them are done intentionally. They love to preen, play with their hair, tossing the hair over the shoulder, and using their hands to play with something such as a wine glass. Most women are quite good in seducing and teasing men, especially when they use their lips – without touching him. Biting and licking their lips, putting on lipstick, and eating or drinking slowly are the usual moves of an interested woman.

Meanwhile, men usually try to appear masculine to show their prowess to the women they like, by giving them a look at their full length. They try to stand taller, square their shoulders, and sometimes hook their thumbs into the belt for that macho aura. They also unconsciously touch their ties or collar – these are indications he find you irresistible and wants to make an impression on you.

Will You Accept the Invitation

You could determine that a person likes you if he or she gives the following signs: prolonged eye contact, raising of eyebrows, smiling back, laughing with you, leaning close, closing the distance, imitating your actions, touching,

preening, and thing like that. If you get these signs, it means there is a big possibility that you could take your interaction to a higher level.

Signs Indicating “No!”

To round out your knowledge about body language, it would be necessary to explain the ways to determine if a person is not interested.

A person is most likely not interested when he or she never glances back at you. You can also determine that person is bored or uninterested in you when his or her eyes start to wander, sigh, yawn, have passive or neutral facial expressions, and other similar actions and looks.

The signals of body language in terms of romance and attraction are easy to detect if you know how to interpret a person’s actions. Understanding the gestures and body movements of another person can definitely help you know in advance if you may have the opportunity to be intimate together or be rejected.

Are You Ready to Start Dating After a Breakup

Are you getting over a break up or just finalizing a divorce? Did you recently lose your partner through a break up or death? Each of these situations takes a toll on us mentally and emotionally. It can be tough to know when you’re ready to get back out there.

Physically we may want to start dating quickly, maybe you miss the companionship or the intimacy you had with your partner. Maybe you don’t like to be alone and want to connect with someone. There are so many reasons why you may want to start dating again, but you’re doing yourself and any potential date a disservice if you rush into dating before you’re really ready.

Here are some questions you should consider before starting to date again. Can you answer yes to each of these? In order for these questions to help you, you have to be completely honest with yourself. If you feel the need to stretch the truth about any of these questions – then the answer is NO.

- Can you truthfully say that you are totally “over” your last relationship?
- Are you able and will you avoid talking about your past relationship?
- Do you have the confidence to approach someone you are interested in?
- What qualities do you have to offer in a relationship?

- What do you bring to the relationship? This is not about material possessions, what else do you bring, good and bad to a relationship?
- What qualities do you want in the person you are looking for?
- What do you want and need that person to bring to a relationship? Again, this is not about material possessions and money.
- Will you compromise if the person doesn't fit your ideal of "perfection"?
- How far are you willing to compromise?
- Do you enjoy and want to date and meet new people?
- Are you comfortable or can you function in social settings?

Okay – let's move on to the real nitty gritty topics.

- If you have children, are they ready for you to start dating again?
- If you have children, have you talked to them about bringing a new person into your life?
- Are you in a position and ready to make a commitment to someone, if you find someone that you are interested in and they are interested in you?
- Are you willing and able to fulfill their needs; mentally, emotionally, physically, spiritually and sexually?

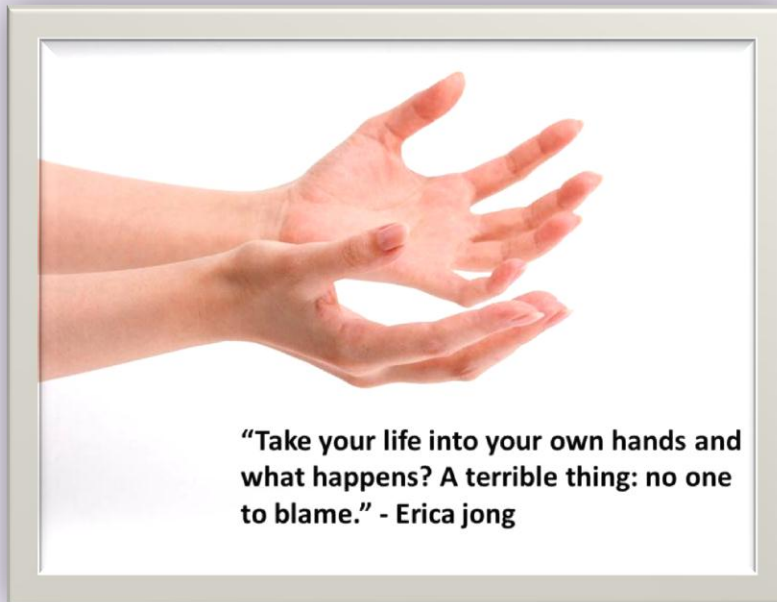
Last – and this is the most important question. If your answer to this is no, then you are not ready to be in a relationship. *Do you love yourself unconditionally?*

If you have read this entire e-book, you know one of my main focuses with clients is to help them overcome the things that keep them from loving themselves. If you have this issue – I can relate, there were many reasons why I didn't like myself and certainly didn't love myself. But while I was studying to be a love coach, I saw myself and others in a different way and I love to help other people learn to love themselves – just the way they are, even with the imperfections we all have. Think about this – how can you ask someone else to love you, when you don't love yourself?

Is It Time To Take Your Life Into Your Own Hands

I completed my training (34 relationship, love, sex and intimacy courses) to become a Love Coach and passed the final exam. I shared the news on my social sites and with friends and family. During the time when I was studying - I noticed that each time I mentioned studying to become a Love Coach – I got strange looks from people. I figured out quickly that was because they didn't

understand what a Love Coach does. So, I want to share some details about Love Coaching.



Above I said I completed my training, but that's not really true. I studied and passed each of the individual courses in the Love Coach curriculum, but I plan to dig much deeper into many of the topics – and of course, share posts on a variety of blogs about the things I'm learning. Like many trades, Love

Coaches do continue to learn and to add to their knowledge of the topics their clients need.

You are probably familiar with life coaches, business coaches, and other types of coaches. A love coach is a person who is trained to help people handle love and relationships. A marriage, a family or being part of a couple, are the most important relationships we have – so it makes sense that we would need someone to help us through the tough times. A person who is trained to help with relationships, can be unbiased and more helpful than going to a friend or family member – and many people do that when there are problems.

Love coaching can be something we do only for our acquaintances or can be used to expand an existing career or to start a new career. Life coaches can benefit from this training to expand their practices, many people in health related fields can continue their education through any of these courses (and individuals licensed in California, can get continuing education credits). People who are intimate party planners can add a great new dimension to the information and services they can offer clients by completing the Love Coach curriculum. And some people opt to take the Love Coach or the Master Sexpert training for their own love life. There are many options.

Simple Love Coaching Agreement and Disclaimer Example

Please note: Fees are due at the end of each session, unless other arrangements have been made in advance. All appointments must be cancelled no less than 24 hours in advance to avoid being charged your regular session fee.

No medical advice, medical treatments, therapy or counseling are involved. No one involved with Love Prints Relationship Coaching is a medical doctor nor does she have a therapist license. She is a Certified Loveologist® offering her services as a Love Coach. All visits are for coaching on social and love relationship issues. This visit should NOT be a substitute for a medical or psychological consultation with a qualified health professional. If you have any concerns, please consult your physician or therapist.

In no event shall Love Prints Relationship Coaching be liable for any compensatory, special, incidental, consequential, punitive, direct or indirect damages, or any other damages of any kind, whether in an action in contract or tort, or otherwise, arising out of or in any way connected with your Love Coaching session.

Please sign and date below that you have read and understand the above conditions and terms.

Client signature:

Date:

Information Needed From You to Get Started

These are some of the things that I ask clients when we are going to get started working together.

Relationship Status (single, married, divorced, separated, widowed, cohabitating)

Children's names and ages (if applicable):

Occupation:

How did you hear about Love Coaches?

Goals - List any improvements or changes you would like to make in the following areas of your life.

Relationships:

Love Life:

Social Life:

Personal:

Health-Physical:

List 3 adjectives that describe you at your best:

List 3 adjectives that describe you at your worst:

What do you think has been holding you back from achieving your goals? (Include any obstacles, experiences, fears, concerns, people, etc.)

What are the things that stress you out the most?

What motivates you the best?

Have you ever worked with a coach, counselor or therapist before? If yes, what worked well for you and what did not work?

How would you describe the best relationship that you've had?

How would you describe the most difficult relationship that you've had?

How would you describe a perfect relationship for you?

Are you aware that Love Coaching is not sex therapy, psychiatry or psychology?

Check out a very special offer on the next page...

<http://www.lovecoachjourney.com> – Join my Journey as a Love Coach

"Make it Happen! Discover More Love and Passion"

Are you ready to find out how to "Make it Happen? It is time to Discover More Love and Passion in your relationship.

Offering a free 25 minute introductory coaching session:

"Make it Happen! Discover More Love and Passion"

In this powerful free session, you will leave with:

- Information about positive outcomes and changes for your relationship
- A new and improved awareness of what is causing many of the challenges in your relationship (it is probably not what you think)
- A renewed sense of energy and enthusiasm about turning your relationship around
- Begin to develop your personalized action plan to move your relationship to the next phase of love, connection, intimacy and passion

Would you like to see how a coaching session could work for you? This is your chance to get a FREE 25 minute session or 75% off a one hour session – that I a one hour introductory consult for only \$25. This offer is only during the month of January 2011. Don't wait long, or the schedule will be full...

"Make it Happen! Discover More Love and Passion in Your Relationship."

PS – If you receive this ebook after January 2011, contact me for details about an introductory session – lovecoachjourney@gmail.com





*Love Prints
Relationship Coaching*

*Every relationship
is unique as a fingerprint*

Helping you discover how to improve your
life and your closest relationships....
are you ready to find your love print?

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