

Power Up Your Couple!

Power Up Your Couple!

Key Tactics For Better Connection And Sex



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Coaching

Before you jump in this book, I want you do something simple:

Check the following link:

<http://vitalcoaching.com/coaching.htm>

This is the way to access live help if you need it.

While you read this book, you might have questions rising in your mind and think:

“...I wish I could talk about this with someone...”

You can!

No need to isolate yourself with your relationship challenges.

Getting targeted feed back and extra strategies for your situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

<http://vitalcoaching.com/coaching.htm>

Part 1 - Couple dynamics

Power to your couple!

Are you in a situation where you are not getting the full dimension of your relationship?

You feel that something is missing but can't really identify what it is.

The goal of this material is to offer you refreshing mind sets to complete the picture and answer some key questions.

Relationships are made of energy.

They are like a subtle ecosystem where the right equilibrium is created by manifesting the right qualities in perfect proportions.

You sometimes jump in a relationship and then realize that you don't have all the answers or miss some skills.

In fact what you see might not be what you expected.

You might know what is missing but lack the skills to manifest it.

Suppose you need more love and complicity in your relationship.

How do you manifest more of them?

Relationships are a very vast topic and even an encyclopedia would not cover the full picture.

You can wake up your relationship instincts and use your intuition.

Connect with this source of inner power which gives you the tools to manifest what you want.

Own your relationship!

You are the designer.

You are the creator.

Dare to express your power.

Your relationship is your territory.

You design it together with your partner.

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Your relationship is sacred.

It is a temple.

May you find total joy and infinite love together!

New relationship equations

Today's relationship model is being redesigned.

The divorce rates are very high:

In the western hemisphere, a couple has 50% chances of being divorced within 7 years!

Second marriages last even less.

Couples tend to go through the relationship cycle much faster.

Why is that?

The individual integrity is much stronger now than it was 100 years ago.

Everyone wants to succeed as an individual as well as within a relationship.

The truth is that today, you don't need the relationship or couple structure to survive.

You can make it on your own financially and emotionally.

If you decide to split, your material security is usually not threatened.

Divorces are not exceptions any more.

They are as frequent as marriages.

The challenge is that social structures did not fully adapt yet to this new relationship environment.

The marriage model is very ancient and the idea of separation is not integrated in it.

Couples still do marry for life.

They don't say something like:

"Look, let's try it for 5 years. If by then, we are still happy together, we'll renew our marriage contract, okay?"

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The ideal “together forever” picture still exists.

However, reality is often very different.

The relationship cycle is simply much shorter now than it was 100 years ago.

Two keys - Freedom and renewal

Here are two simple qualities you want to manifest in your couple:

Freedom + Change

One key cause of couples breaking up is feeling limited in their relationship.

When you fight, argue or are unhappy, the key issue is power and control.

You want it your way.

They want it their way.

These two visions clash.

If you clash one time, you fight.

If you clash all the time, you end up with a break up or divorce.

If you realize this early, you can shift this basic dynamic and establish a whole new mind set:

Give each other space, always!

Controlling each other is a relationship killer.

So, this is the first winning mind set: space and freedom.

The second mind set is change and renewal.

Why is it so important?

Because you need to keep on evolving, always.

If you feel crystallized in a situation which stops moving forward, evolution forces will always find a way to reach you".

Your couple will be challenged until "fresh energies manage to get in".

If you embrace change, you keep on evolving.

Here is a basic conflict of interests:

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A part of you needs emotional and material security, while another part wants thrill and change.

To manifest renewal in your couple, you take more risks and step beyond the limits of what you already know.

The moment you embrace the new, you invite fresh energies in your couple.

Use your renewal power

One key to long term success with your relationship is "renewal power".

Renewal power is your ability to keep evolving while in a relationship.

Relationships are a comfort zone.

After a few months or years living together, you establish a set of habits and behaviors which simply tend to fix the relationship in a given format.

These are habits, behaviors, beliefs, actions, activities, etc.

When you live by yourself, you have a certain comfort zone.

When you are in a relationship, you have a shared comfort zone.

A comfort zone is something you build naturally.

You simply get used to your space, your job, connections, habits, etc.

It gives you a positive sense of security.

For instance, if you are in a relationship, knowing that your partner will be home and cooking tonight gives you a sense of security, love and comfort.

Sometimes though, your comfort zone works against you and the habits you build together become limiting.

These habits might stop you from evolving further.

This happens the day you stop inviting change in your couple.

Your being needs to keep on evolving.

It needs change. It is in your nature.

In other terms, an inner conflict can rise.

You have two sides:

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- Crystallizing forces + Comfort zone.
- Renewal forces + Moving forward.

These two forces can clash.

This is how conflicts arise.

Keep evolving to stay together

One key to stay together is to keep evolving together.

One reason couples tend to split is because the relationship becomes limiting.

You might reach the limits of what you could explore together.

When you decide to change something in your life, you frequently face your partner's resistance.

They tend to tease you on your new ideas and might discourage you from taking steps.

Why do they resist?

Because your impulsion to change forces them to change as well.

If you change, they need to evolve with you.

Change requires energy.

It challenges what already exists.

This is why they tend to resist change.

You might respond in a similar way when your partner suggests something new.

It might challenge your comfort zone.

On you might be open for it and encourage your partner to take new steps.

Suppose they say something like:

"Look honey, I am sick of my day job! Remember this business opportunity I told you about a year ago? I think I am ready for it..."

What would be your reaction?

- **Fear?**
- **Trust?**

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If you feel fear, you'll say:

"I know you are unhappy but I make sacrifices as well. We need the income and I don't see how we could make it if you go for this business idea. It will take 3 years before you make a solid income! How will we survive???"

You might even take it one step further and give them an ultimatum:

"If you go that way, I am done with us!"

On the other hand, if you feel trust, you will say:

"I know it is a risk, but I fully trust you. I want you to be happy and I encourage you to go for it. You have everything it takes to succeed. I know you will make it!"

What happens?

Two possible reactions.

Two radically different dynamics.

None of these dynamics is right or wrong. They can both work.

When you discourage them to take steps, it might be a very wise move on your side.

They could be following a pipe dream with little chances of success.

Now, imagine the reaction that your response creates in them.

If you say "No" and they decide to let it go, they might build up resentment.

Resentment could turn into tension between the two of you.

Tension might turn into fight: "You never believe in me!"

Can you see how it works?

The goal is simple: be able to manifest renewal power in your couple without putting it at risk.

These evolution lines are not fixed.

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If you systematically stop change, you might asphyxiate each other's need to keep on evolving.

Renewal forces are powerful.

You can't stop them.

They are part of your instinctual nature.

They are at play everywhere all the time.

The goal is to work with the renewal forces rather than against them.

This means change.

This means challenge.

The key to stay together is to keep evolving while being together.

The moment you stop evolving, nature finds a way to break stands in the way.

Read this last sentence again.

This is exactly what happens when you break up.

Your relationship becomes limiting for one or both partners.

It can happen to you. It can happen to your partner.

If they break up, they need space.

It means they can't get this space within the relationship.

Sometimes their demands might be unacceptable.

They might suggest an open relationship while you want sexual exclusiveness.

That's a deal breaker.

However, many couple split when they could evolve together.

You evolve because you change together.

The key is to stay open and trust.

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You can renew your couple space by consciously inviting change in your relationship.

You can do this by:

- Responding to new opportunities
- Having time off from your partner
- Being spontaneous with him
- Developing an empowering sense of trust
- And more...

You have dozens of ways to invite change in your relationship.

Change means renewal. As long as the relationship and the two of you keep evolving, "nature is satisfied".

There are forces at play which go far beyond your own will power.

To make it work, you need to work with the forces of nature rather than against them.

Your romantic dream and actual reality

When you feel change and renewal knocking on the door of your relationship, you can step back and reject change or you can go with it.

You want to be realistic here.

There are two realities in relationships:

- **The first one is the romantic dream.** It is the original and perfected romantic vision. This vision is usually based mainly on love. It is like a territory of passion, love and profound communion.
- **The second one is the actual reality.** Reality can be very different from your "inner vision".

The goal is simple: have a vision, concept, plan or design which does match reality.

You want to ad a dimension of power and realism to your relationship.

This is a significant shift.

What you bring in when you take this step is power.

You empower your relationship.

You don't reject the "romantic dream". You simply ad a quality which matches better your experience and gives you extra tools and strategies to deal with challenges.

What you want is to strengthen the power base of your relationship.

You want to design a plan which does actually match the real potential of what you share.

It is dangerous to get lost in pipe dreams. A pipe dream is an unrealistic vision.

It is something you keep on pursuing without having any real chance to see it happening.

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When you feel you are dreaming and that you can't actually manifest your vision, the idea is to bring in a dimension of realism and power.

Shift your vision. Shift your plan and design a dream which can be manifested and matches your real potentials.

Set up the right priorities

You have 3 areas of priorities in your relationship:

- **Your individual priorities** (your career, health, happiness, satisfaction, etc)
- **Your partner's individual priorities** (his career, health, etc.)
- **Your relationship's priorities.**

Sometimes, these 3 priority areas do match. They actually strengthen each other.

For instance, when you are happier, your partner is usually happier as well. Your relationship will usually benefit from it as well.

The art of being together is the art of creating win-win-win situations within all these 3 areas.

You partner, yourself and the relationship, all want to win. They want to benefit to the maximum of this partnership.

Sometimes, it is okay to give to yourself first. If you feel like you are giving up your life in the name of being together, something is definitely wrong.

These 3 areas are all top priority. No one needs to lose. Everyone can win!

10 steps to a dynamic relationship

- **Dialogue.**

Create a Forum Space.

- **Renew, Refresh**

Be open for new ideas, change. Think of modern trends, etc.

- **Spontaneity**

Anything to break the habits. Respond to inspiration, to new streams.

- **Have "Relationship Ambitions"**

Material, business, travels, discoveries, projects, etc.

- **Maintain a dynamic individual integrity**

Maintain activities where you are not together with your partner. Keep space for "external friendships"... "Time off"... Allow it to happen and go for it, even if you might miss the other person during that time.

- **Refreshing Life Style**

Take time to be in nature. Go out. Do something physical, sports, outdoors. Eat healthy.

- **Sex Life**

Give attention to your sex life.

- **Create Romance, Flirt, Play.**

There must be a place in the relationship where you can be like kids, young teenagers. Plan a romantic holiday.

- **Dynamise your social life as a couple**

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Go beyond family and usual friends. Be an "interesting" couple, a "generous" couple.

- **Have a harmonious material base**

Live in a place you like. Healthy finances. Harmonious work/free time balance.

More keys for dynamic relationships

- **Protect and respect the relationship's space**

This means you are the ones who decide, choose... You are the masters of that space... Pin point external influences and see if you are not going too far in tolerating those influences...

- **Children**

Be open and respectful about "children issues".

- **Never use force, control or will power against your partner**

Instead use dialogue... Always propose options, alternatives, be open.

- **Learn to fight with each other!**

Make it a play, a game.

- **Listen to the "saturation" limit.**

Every individual or couple has a natural saturation threshold. It's the limit between "okay" and "too much". It's the moment when you lose yourself, your individuality. Be aware of that threshold in someone else and respect it.

If you are on the process of building something, let it grow naturally. Slightly push forward every now and then to feel if the limit is movable.

This point has to do with balance between individual and couple space. Be subtle with it. Respect the natural limits.

This natural threshold will usually be a "limit" to the relationship's expansion. It is dictated by an individual boundary. This individual boundary represents an inner protection. It defines an inner space.

- **Don't be rigid on boundaries**

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Be aware that sometimes it is time for them to be shifted or moved. But always respect the other person's space. Be gentle and kind on that. Do not claim or demand.

- **Create complicity**

This happens by sharing anecdotes, physical contact, teasing, etc. Eye contact in social situations, awareness of the other persons thoughts, feelings, desires, etc.

- **Invite change in the relationship**

We, as individuals need to keep evolving. The relationship has to be open for change and evolution. The forces of conflict are often related with resisting change. Become "change conductive" and you'll realize how refreshing this feels.

- **May your individuality strengthen your love**

Love means giving space and validation to your individuality. Never suppress what makes you special. May your relationship be a space in which individual integrity can be protected and stimulated.

- **A mature relationship allows differences of opinion**

Agreeing on everything simply takes the relationship's spices away. The fertility and freshness of the mind is stimulated by differences. Daring to accept differences of opinion is accepting our own intimate humanity. Sometimes, there is simply more than one single answer...

Identify your key challenges

The first step you want to take is to identify the challenging areas in your relationship.

Here is a list of possible topics:

- **Fights**
- **Sex and intimacy**
- **Communication with your partner**
- **Understanding him**
- **Jealousy issues**
- **Lack of romance, love or passion**
- **Life dissatisfaction**
- **Midlife crisis**
- **Lack of purpose or vision for your relationship**
- **Cheating or infidelity**
- **Household issues**
- **Children's education**
- **Addictions or life style issues**

Check this list and mark the ones you feel are an issue.

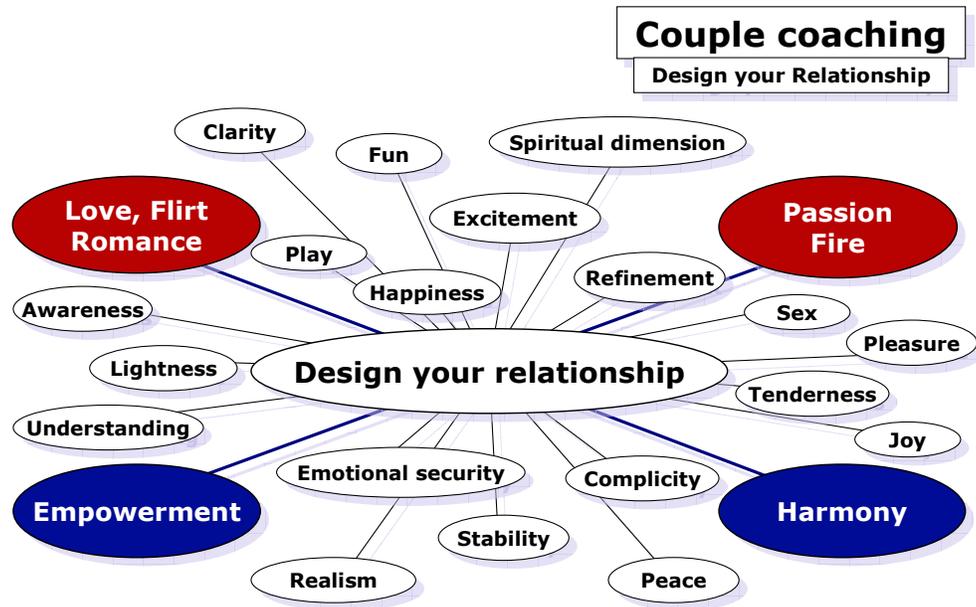
Take the three most challenging ones.

In the coming month, decide to find a solution for these.

When you break down a challenge into very specific areas, you actually reduce the problem to its real size.

This is the first step.

Design your relationship



Dynamic relationships



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You are the designer!

You and your partner are actually the ones who have the greatest influence over what happens in your relationship.

Often, it is just a matter of knowing what you want for your couple.

After that, you start manifesting it.

When you want to design your relationship, you can identify the key qualities you want in your relationship.

Here is a simple picture which gives you some of them.

Have a look at it and keep it with you.

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You will realize that the moment you start focusing on these qualities, they naturally manifest in your relationship more often.

You give them more space and importance.

These are of course not the only qualities you need to be happy and fulfilled in your relationship.

You could add many more of course.

If you identify a quality which matters to you, feel free to add it to the picture above.

Channel of love

When you are in a relationship, the goal is to create an infinitely strong channel of love, trust, respect, power and loyalty between you and your partner.

These qualities are the foundation of your relationship. They are your core values.

You can invite these qualities in your relationship by acting and living within that spirit.

At the end, it all comes to that.

These qualities are the core energies in what you share. They are the core of your relationship's foundation.

They are the unifying elements of what you share.

Of course, these qualities are not the only ones. You could add many more like romance, complicity, mutual understanding, etc.

In fact this is a long list.

Your relationship does have a spirit.

It has a plan.

It is a subtle architecture of forces, mind sets that you can reinforce and empower anytime.

How to manifest change in your couple

One of the key mistakes you can do when establishing dialogue is to forget to give each other space.

Suppose you had a 30 min discussion one day on a topic. You need to step back and give him space to respond in his own time.

If you repeat the message every day or "catch him by surprise", he'll react in a negative way. He will feel attacked and will defend "his territory"

Once you give him a message within a forum space, step back and give him time to respond.

If you notice no change, wait at least one to two weeks before you follow up on what you discussed.

Suppose for instance that he spends too much time at work and ends up coming later and later home in the evenings.

You have a one time discussion about this within your "forum space" and then step back.

It takes time to implement changes. It might take him a couple of weeks to actually react on what you mentioned and shift his behavior.

He might have to talk with a boss or colleague at work about it. It might take him a month to build up strength and momentum to do something about it.

The key is to step back and give him space to respond.

A couple of weeks later, talk about it again within a forum space context and give him some feed back on what you feel.

Congratulate him on the steps he took if you see some positive changes.

For instance, if he actually changed his behavior and is now getting home an hour earlier then before, tell him:

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"Whaou! I'm impressed. I can see the effort you put in coming home early. This really works with me. I can see how much you value what we have. I want to thank you again for listening to what I had to say..."

Acknowledging his positive changes makes him feel valued. It encourages him to take further action along the same line.

Protect your individual integrity

There are four “energy bodies” in a relationship:

- **The first one is your relationship.** The spirit of what you share. Your common ground. Your common vision.
- **The second one is your individual integrity.** It is the role you played before you were in a relationship. It is the role you go back to if you split from your partner.
- **The third one is your partner’s individuality.** It is the things he wants for himself, his personal goals, etc.
- **The fourth one is everything which surrounds your relationship:** children, parents, in laws , social circle, work, etc.

Every one of these “energy entities” has a plan or a vision for your relationship.

Sometimes, these different plans do match. Sometimes they don't

You were functioning as an individual before you were in a relationship.

You have a name, individual goals, desires, character and emotions which do function and exist whether you are in a relationship or not. This is your individual integrity. It is your individual identity

When you have a partner, a new quality comes into your life: the plan for your relationship.

You do function differently when you are in a relationship than when you are not.

Your energy base is different.

Now, your individual integrity does not disappear of course. It stays alive. You simply tend to express it slightly less when you are in a couple situation.

You merge with the couple’s vision and function in a partnership.

Now, the goal is to stay connected with the power you have as an individual.

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You must be able to function both within a relationship or as a single person.

When you let go of your individual integrity and are afraid of being on your own, you give up an essential aspect of your personality.

This tends to make you insecure and very vulnerable.

Basically you tend to rely at 100% on the couple's energy for security and comfort.

You literally create dependency and give up your individual freedom and integrity.

This can be very damaging on the long term.

Why is that?

Because anything can happen. Something can happen to your partner or you can split.

On top of that it tends to put too much "weight" on your partner's shoulders.

Being able to be independent any time gives you power. It strengthens your emotional base and does empower your relationship as well.

When you feel strong and empowered as an individual you function better within a relationship.

You have a stronger base. You have a deeper sense of security and you know you would be alright with or without him.

This gives you a sense of inner power which deletes insecurities.

Put is this way: many relationships challenges are related with fears. They are related with the fear of ending alone. They are related with the fear of splitting one day.

Now, imagine that you know there is a territory in you to which you can go back any time. This is the territory of your individual integrity. You know how to function as a single person.

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When you know you have these resources in you, life is simply much easier. You remove 90% of the fears and insecurity which can clutter your relationship.

You create a sense of inner freedom and independence which do strengthen and empower your couple.

You do function better in a relationship when you are stronger as an individual.

You know how to play with both roles: in couple and single.

How do you keep your individual integrity alive?

- **You challenge yourself**
- **You go beyond your natural limits.**
- You create a **personal base** which has some elements of independence in it like **your own job and career.**
- You take **time off from your partner** (an evening with just your friends, one week holiday apart, etc)
- Etc.

The idea is to stretch your potential. The moment you know you would be alright no matter what, you feel much freer and empowered.

Can you see how this works?

Again, it does not mean that you will use this power to make it on your own.

It gives you the power to immensely enjoy your relationship because you remove most of the "fear of being alone" factor.

How exclusive do you want to be in your relationship?

Exclusivity is the idea of giving and receiving only from one person.

You can be exclusive on various levels:

- **Sexual exclusivity**
- **Time exclusivity**
- **Flirting exclusivity**
- **Physical contact exclusivity**
- **Intimacy exclusivity**
- **Personal space exclusivity**
- **Etc.**

Sexual exclusivity is usually agreed within a committed relationship.

Some couples decide consciously to stretch that limit and go into an open relationship where the idea of sexual exclusivity is dissolved.

What about flirting, having contact with other men or spending an evening with a close male friend?

Is this okay?

Different couples have different models. What matters is that two persons agree and that it works both ways.

Suppose you work in an office and tend to flirt with your colleagues. You are in a steady relationship. Your partner knows about it. He knows you are faithful and that you would never cheat.

You trust each other and he enjoys as well flirting sometimes with other women, especially in social occasions.

As you can see, flirting can be innocent and validate you.

The limits of the couple's boundaries can be stretched and redesigned according to what you want and what fits for your relationship.

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If you feel that your relationship is too limiting, you could experiment with slightly stretching these boundaries while sharing intimacy and sex only with your partner.

Boundaries in relationships can be sometimes stretched and redesigned according to what you want.

What matters is that you agree on a relationship "model" which fits you both.

How to build up trust

Trust is a key empowering force in your relationship.

What do you trust?

- **Your partner?**
- **Yourself?**
- **The "spirit" of your relationship?**

The goal is very simple: Stay awake and be realistic.

If you feel like you are not giving your partner the trust he deserves, you can built up more of it by using one of these simple techniques:

- **Tell him!** Every time you tell him "I trust you", you reaffirm the power in your relationship. You empower him as well. This gives him confidence and desire to defend the relationship.
- **Tell your friends and family.** When you talk about him, bring out his positive qualities. No need to play naïve. Simply reaffirm this trust you have for him in front of you friends and family
- **Believe him!** When he tells you he loves you, believe him. He can give you hundreds of signals that it is with you he wants to be. Listen to his voice, not the mistrusting voice in your mind.

Trust is a quality you consciously develop, build up and enhance in your relationship.

You build up trust by standing behind it. You reaffirm it when you face challenges.

It is easier to give trust when you have a reserve of it.

This means that you want to trust yourself first.

Unjustified mistrust is usually related with insecurity, lack of power or self esteem.

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Suppose you don't feel happy with your body. You build up insecurity. You project this insecurity in the form of mistrust towards your partner.

Can you see how it works?

If you want to tackle mistrust, you need to target the real issue which is insecurity.

The real way to build up trust is to empower yourself first.

Deal with the real issue: insecurity.

Trust yourself first!

You will see that when you develop extra trust and confidence in yourself, it becomes very natural to trust your partner as well.

More complicity in your couple

Complicity is invisible mutual understanding.

You literally “stand under” a common spirit.

Complicity means that you are connected.

A simple smile, word or touch can strengthen this complicity.

You stand together on a common ground. This is complicity.

How to build it up?

By establishing invisible connections with each other.

Suppose you are at a party with your partner. You can get a drink for yourself and get him what he always drinks without even asking. He might be chatting with someone. You just pass by and give him his drink, because you know he would like that.

Don't stay around. Don't expect a thank you. Simply give him his drink and move on.

This simple action means a lot for those who see it.

They see an invisible connection. They perceive a mutual understanding and a deep care for each other.

Don't use complicity as a way of monopolizing your partner's attention, tough.

Give each other space.

The art of creating complicity is the art of adding this form of subtle invisible “telepathic” touch.

Stay awake and aware of this invisible link. With some practice, you can feel and almost know instantly where he is at.

This invisible connection is complicity.

How to manifest power in your relationship

If your relationship is challenged in any way, what is missing is simple: power in one form or another.

See it as a territory.

You and your partner own this territory.

If something you don't like is happening, you have the power and the right to shift it until both of you are 100% satisfied.

You manifest power when you realize this!

It is your right to express it.

This means that you are the ones who take decisions and rearrange life according to your needs.

You are the core of all that and you are the ones in charge.

Gaining back control means daring to express what is already yours: the right to choose, decide and design.

Everyone has that power over their lives.

However some people never use it because they actually never realize it is their right.

If you feel you are not getting your needs met, it is your right to wake up to this sense of ownership and start taking decisions and giving directions to your life.

Avoid power trips

The next step is to use your power wisely.

You have no right to control your partner's thoughts beliefs or actions. They belong to him and he was born with a sense of self determination.

So are you!

If your partner tells you over and over what to do without ever trusting or believing in you, you'll naturally end up frustrated and drained, right?

It works both ways.

This is the number one mistake partners do in relationships: trying to control their spouse's actions, thoughts, emotions and time frames.

How to solve this?

It is very simple:

Use your power to control only what is yours

You have the right to control your actions, thoughts, beliefs, emotions, time, frame, personal space and belongings.

These are yours!

You are given the birth right to own all of these.

Now, you can never own someone else's life!

The moment you understand and express this fully, 80% of your relationship's challenges are instantly transmuted into space and harmony.

Why is that?

Because the moment you stop trying to control your partner's life, you set him free.

In other terms, you trust him and empower him.

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What will be the result?

Will he run away from your relationship as soon as he is free?

Of course not!

Love is the core of what you share.

This is what lives in the intimacy of your two beings.

Dare to give it a try and see what happens.

Stop telling him in any way what to do or what not to do.

Now, I am not saying this is easy! 😊

Letting go of control over each other is like stepping on a bridge made purely of trust and love.

You trust your partner and the spirit of what you share.

Now, that's empowering for both of you!

This simple mind shift can get rid of most relationship fights.

Relationship fights are always control issues in disguise.

When you fight, feel tension or feel blockages in your relationship, it is always the result of power struggles.

Basically, you fight for control.

Where to start?

Let go!!!

Stop fighting over house hold issue or wanting to have things your way.

Simple!

Let go and trust!

Power is not the ability to control other people's lives. This is already a deviation or misuse of power.

No, power is first the ability to take control of your own life.

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It is a shift and it does take a few weeks of focus to truly master this mind set.

Now, if you do... Whaou!!!

You won't believe what can actually happen in your relationship.

- **First - Your partner will respond by doing the same:** he will set you free!
- **Second - You will instantly get a whole lot of new free energy!** Trying to control someone else's life takes so much effort!!! Imagine what happens when you simply let go.
- **Third - You will instantly connect with the new "spirit" of your relationship** and multiply the level of love, respect, trust and harmony in your relationship.
- **Fourth - You and your partner will be much happier!**

Talk about win-win for you and everyone involved!!!

This is only a fraction of the benefits of using power and control differently in your relationship.

Now, don't get me wrong: I am convinced that you probably already apply at least some that.

Maybe you are even very good at setting your partner free and giving him space.

Maybe, it is him who systematically limits you.

I am giving this example and maybe it does not apply to your unique situation. I don't know, we haven't met.

I give this example simply to give you a picture of the dynamics involved and what to do to shift them around.

Once you understand how power dynamics work, you can start playing with these energies consciously and clear areas of tension by taking conscious action and shifting key attitudes.

How to deal with challenges

A relationship challenge is an opportunity to grow. Every time you overcome a challenge, you grow stronger.

You face tests as an individual. The same goes for your relationship.

It can be under attack. It can be challenged any time.

You can't avoid challenges.

What matters is how you respond to them.

What you want is extra power and effective strategies.

Dare to pick up your "warrior sword " and defend the territory of your relationship.

Dare to fight with whatever force is attacking your relationship!

Identify it and defend your relationship!

Stand in this together like two partners of the same team who are aware of each other's movements.

The key is to keep the communication channels opened and agree on strategies and tactics to handle the challenge.

Stand together!

You want to keep on communicating with your partner.

No need to force. No need to demand.

Simply keep these channels opened.

A relationship is a territory.

This territory has two pillars: you and your partner.

The moment you face a challenge, you always have two options:

- **Stand in it together**
- **Turn against each other**

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As you can imagine, turning against each other will usually lead to more trouble and conflict. It usually creates a win-loose situation, and the relationship could suffer from it.

If you want to win, you need to stand together.

You are partners!

Reaffirm this partnership when your relationship is under attack.

This is what partners do: when they face a challenge, they recognize the source of this challenge.

They stay awake and see this challenge as an attack on the relationship.

You are two warriors.

You want to defend your territory and do what it takes to empower the relationship.

How to deal with invasive friends, exes or in laws

You and your partner are the masters of your relationship.

You own the relationship's space.

You are the ones in charge.

You decide!

A relationship can be under attack from in laws, exes or draining friends who try to have some form of control over your couple or relationship space.

If you have been in this situation, I know you recognize what I am talking about.

Your house is your relationship's temple.

You are the ones in charge.

When you partner with someone, you need to make it clear that the two of you share the responsibility and take the decisions.

You take these decisions; not in laws, friends or exes.

Your personal space is precious.

It is made of energy and you two want to stay in charge of what happens in your house.

No one else but you is on control.

Sure, when you have children, you can stretch this limit and include them in the decision taking ("So, where shall we go on holidays this year?").

At the end though, you are the ones who have the last word.

Sometimes, you need to pick up "your weapons" and do whatever it takes to defend the territory of your relationship.

"Invasion" can come from many sides and the goal is to stay awake and aware.

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Dare to fight if you have to and simply don't let anyone overpower you.

Stay in charge!

Changes within the relationship's space need the agreement of both you and your partner. Give each other this healthy boundary.

It is worth it and will protect your relationship's foundation.

Part 2 – Effective communication

How to create dialogue

You establish dialogue by thinking win-win!

That's it!

You shift from a "win-loose" model and start thinking in win-win! All the time!

Your relationship is about a victory for the two of you! When you sit down and talk, you say things like:

- **"How can we make this work?"**
- **"What do you feel we can do about it?"**
- **"I believe we are worth it!"**
- **Etc.**

All these expressions are the reflection of a mind set. It is a way of thinking. This way of thinking has one target: to win!

This is not about you or him winning. This is about your relationship winning!

When you fight, it is truly your relationship which is under attack. You want to bring in new power to secure your relationship's emotional foundation.

Your relationship has a "spirit".

The spirit of the relationship is the binding force.

When you get married, you invoke a binding force to strengthen and empower your relationship.

Dialogue works in the same way. Speech is a binding force. It is a powerful exchange which sends out one simple message:

We stand in this together!

Create a forum space for your relationship

If dialogue does not happen in a spontaneous and instinctual way, the idea is to "formalize" it.

Don't be scared!

This is a good thing:

You want to have a meeting with your partner.

You need to make an appointment (yes! I'm serious! :-)).

Put 30 minutes aside and fix a time.

I know that this can sound artificial but it is not.

It is actually the most effective way to empower your relationship.

You give it direction and bring in a new quality.

Here is how to establish it:

If you feel that your relationship is in trouble, go to your partner and say something like:

"Look, something is not working between the two of us and I believe we should do something about it. We are growing apart and I don't like that. Our relationship is worth fighting for and I want to reconnect with us.

Let's fix a time on Thursday to talk about it. 8pm?..."

Get your partner to agree! This is about your relationship's survival.

On the appointed day, create a nice atmosphere.

If you both like it, open a bottle of red wine for instance or get some other drinks.

Make it cozy (not intimate :-)).

Turn off your cell phones, make sure you won't be disturbed and sit down.

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Give each other 30 minutes.

That's all.

Whatever you reach after 30 min, drop it and let it go.

It is okay if you did not break through and found a final answer to your challenge.

Simply drop it after 30 min no matter what.

Following week, do it again.

Here is the kind of things you can say when you start:

"Look, over the last few months, I feel we have been really stressed up. There is more and more tension between us and I would like to do whatever it takes to bring back the complicity between us. Do you feel the same? What do you think we should do?"

As you can see, this is not an attack on your partner.

You talk about your relationship and finding strategies to solve a challenge you might face.

If you respond to tensions in such a way, you'll give each other space to express feelings and concerns.

I know this looks formal but it is by far the best approach.

Believe me! This works!

All you have to do is get over the apparent formality of this approach and do it.

Go for it!

Design strategies together.

After 30 min, drop it and do it again the following week.

Make it a weekly habit and a priority until you find answers.

After a couple of times, you feel stacked, ask for help from a coach or a relationship therapist.

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It can easily take a month to establish a forum space for your relationship and 3 months to feel like you truly own this new "communication tool".

Why only talk for 30 minutes?

Because after 30 minutes the intensity and positive energy drops.

Finish on a high note when you still have lots of extra energy.

Don't stretch it.

Gather ideas.

Write them down.

Take notes for the coming week and next meeting.

It takes time and dedication to establish new relationship skills.

Your couple is worth it!

Do it!

Relationship feed back – How to make it work

Relationship feed back is a powerful way to stay tuned on each other.

It is the perfect way to share ideas on what works and what doesn't in you relationship.

You can give feed back to your partner.

They can give you feed back.

You can as well give them feed back on your own attitudes and behaviors and tell them about what you believe works or doesn't work for you.

You can as well give impersonal feed back and say things like:

"I feel we have been doing really well lately. I am happy to see how we managed to deal with this challenge. It definitely works for me. What about you?"

Sometimes, you'll ring an alarm bell when you notice for instance that you are growing apart for some reason:

"I noticed that lately, something has been coming between us. Not sure exactly what it is. I guess we are both very busy and we didn't really have time for each other. Do you feel the same? What can we do about it?"

You can share feed back "formally" or "informally".

Formally means that you "set up a meeting and a specific time" to talk about your relationship.

In my opinion, this works really well if what you want to share is sensitive and requires true attention.

For instance, this would work if you need to share anything about challenges on your sex life or a specific point that irritates you.

Check the chapter on how to create a "forum space" for more on that.

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When you give feedback informally, you simply go with the flow and use existing opportunities to share what is there.

Be very careful with this.

If you prefer giving feedback informally, be aware of timing. It is not a good idea to give challenging feedback when they are not expecting it or busy with something else.

Don't interrupt them.

Instead, find a moment which is suitable for both of you: an evening when you both have time or a moment in the week end.

For instance, as you come out of the movies one evening, you can say: "I really liked what you did in there. What you said really touched me".

Be subtle with feedback.

Don't overdo it.

If you tell them something challenging, give them space to digest it and think about what they want to do with it.

Wait at least a week before you ask them again or mention this topic again.

Is it okay to educate your partner?

Yes!!! It is okay to educate your partner.

True! People can sometimes do or say the wrong thing because they don't know better.

It usually signals a lack of skills.

When it comes to relationships, you can't expect everyone to get it right from the first time.

Sometimes, you will start doing things in a certain way without realizing it does not actually work for your partner.

It can be anything:

- Using humor at the wrong moment
- Social behaviors
- Use of words
- Life goals and life vision
- Attitudes in your sex life
- Etc.

Rather than building up resentment about something you don't like, you can reach out to your partner and educate them on how to please you better or simply be a better partner.

It works both ways.

The moment you start educating them, you have to accept the fact that they might as well come with a new behavior suggestion for you.

It is okay!

In fact it is perfect!

It is a great way to keep the relationship growing and expanding in a healthy way.

The question now is: how do you get your message through?

The answer is simple:

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You want to create a "forum space" for your relationship.

You want to periodically check with each other if there are aspects of your relationship which could be improved.

The moment you create a safe environment conducive for sharing of ideas, you set up the course for long term complicity in your relationship.

You can share these ideas formally or informally.

What matters is that you stand together and create synergy within your relationship.

What you suggest to your partner has nothing to do with getting things your way.

It is not about your will against their will.

It is truly about giving them tips, suggestions and ideas to become better at what they do.

Call it "relationship feed back".

Now, you both need to agree that it's okay to give each other feed back and learn how to do that.

In a relationship, you tend to be naturally defensive when it comes to any form of remark or "criticism".

This is not criticism: it is feed back.

For this to work, feed back has to be positive as well.

You not only point out directions and aspects of your relationship which could be improved, you as well tell them when they get it right.

If you keep on pointing to negative aspects, they'll soon get the feeling that they get it all wrong all the time.

If they does something right, tell them!

Say something like:

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"You know, the other day, I love what you said to your friends about us."

After a while, you will notice that maybe most feed back will actually be positive feed back.

This will be the sign that your relationship is growing and blossoming.

Positive feed back means that you take time to celebrate each other's qualities.

Enjoy your couple!

Say it at the right time!

Many relationship misunderstandings have to do with “catching” your partner at the wrong moment.

Right timing is essential when you want to reach each other.

Let’s take an example:

You are a woman and you realize during the day that you miss doing fun things with your partner.

In fact you decided that it would be a good idea to take off on a holiday together.

Your partner is at work and you are truly excited about this idea and decide to tell him straight away.

You pick up the phone and dial his cell number.

At that exact moment, he just came out of a challenging meeting. He is pretty upset because what he was told by his associates means more burden and work load for him in the future.

He is digesting all that when he hears his cell.

That’s you!

You are excited and can’t wait to share this idea with him.

He is upset and ready to pick on anyone who asks him for anything more.

With cheerfulness, you present your plan.

His answer?

Not at all what you expected!

In fact he seems totally bothered by it.

Within an instant, your level of enthusiasm goes from a pick to a dump. Instead of dropping it, you tell him something like:

You - “You know what? A couple of years ago, we used to travel and do so many fun things. I ask you one thing and you can’t even be

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happy about it and say yes, just for once! I came with that idea and you know what, it was the last time!!! Next, I'll ask one of my girl friends when I want to have some fun, or even better... I'll give a call to Paul, my ex... Remember? He's the one who took me on this cruise for my birthday..."

You can imagine what happens next...

Fights! Arguments! Endless tensions!

What the *\$!!##!! happened?

This is not at all what you had in mind!

Is this a distorted example of reality?

I don't think so.

These types of situations happen to millions of couples every day.

This couple I describe is a good match.

In fact, they are quite happy.

What is missing is this simple skill: being able to communicate in an effective way.

And in this specific example, timing is the key!

You realize of course that this whole cell phone fight could have been easily avoided.

Here are two strategies that would have prevented this escalation.

- **Strategy number 1** - Wait for the right moment.

When someone is at work, their mind is usually busy with something else. Discussing relationship plans, future or issues when they are dealing with business is not a good idea at all.

Wait!

In this example, imagine what happens if in the evening, when you are eating together, you say something like:

You - "Steve, there is an idea I would love to share with you... I know you had a long day..."

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Him - "No, it's alright. What's your idea?"

Next, you can simply share your idea in an open way.

- **Strategy number 2 - Ask for permission**

If you call him at work on his cell, start the conversation with:

You - "Is this the right moment to talk? Or are you very busy? I have an idea... Something I would like to share with you..."

Him - "Well... I just came out of a meeting and I have to rush finish this report, can it wait till this evening?"

You - "Sure, I understand. I'll tell you later when you get home. Good luck with this report. Love you..."

There is a way of getting your message through. You know that.

Be smart and tell him at the right time, when he is actually receptive.

This is such a vast topic. We could go on and on with examples.

For instance, the kind of things you or him can say just after sex.

Imagine as well the tensions which can rise just because one of you mentions a challenging topic in front of your friends.

The list of good or bad timing is endless.

Remember this simple connection boosting strategy: Right timing!

Here are some examples of bad timing for discussing key relationship issues or challenges:

- **Just before you or him leave for work**
- **In the car on the way to a party**
- **When your children need attention**
- **When you can be interrupted by cell phone or neighbor ringing at the door**
- **Before you go to sleep**

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- **When you are out on a date together**
- **In public places**
- **When you or him are relaxing or having a break**

Do you recognize any of these?

Why are these wrong timings?

Because you often catch each other off guard and there is not enough space to actually solve or discuss an issue in depth.

So, what are good timings?

- **When you planned ahead for it**
- **When you turn off your cell phones and know you won't be disturbed at least for the next 30 minutes**
- **In the evening when your children are asleep**
- **When you asked permission from each other to talk about a sensitive issue**
- **When you are both in a good mood**
- **When you are not worried about other issues**
- **When you truly have energy or ideas to do something about it**

Right timing makes all the difference when trying to break through a key relationship challenge or telling your partner something important.

Make it a habit to create a special moment when you are both truly available.

If you face a key challenge, rather than talking about it every day, take 30 minutes to discuss it and then drop it.

If something stays unsolved, promise each other to talk again about this issue a few days later.

If it's not something urgent, having a chat about it once a week works usually really well.

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If it is something which requires urgent attention (dead line, key choices, etc) give each other 3 or 4 days between two discussions.

You need them to refresh and come up with new ideas.

By the way, these ideas have to be applied both ways. Earlier, I took the example of a woman trying to reach her partner.

Of course, this must be reversed and be applied to guys trying to reach their partner as well.

This "right timing skill" is a relationship savior.

If you apply it wisely, it does radically shift the way you interact with your partner.

One couple - Two visions

Conflicts do arise when you have two visions at play: yours and the one from your partner.

The art of being together is the art of creating a third reality which is the combination of your two visions.

You can make some concessions without losing yourself. You can make some compromises through dialogue without losing your plan.

The key is to create this common empowering ground on which you stand together.

The goal is to bring these two visions together and as well offer space to express what does not match.

When you join forces, you create relationship synergy.

You literally synchronize your energy and create this common space where you stand together. You work together looking in the same direction.

This is a common perspective.

When two minds meet, it is normal to have slightly or even totally different plans.

When you merge these two plans and create a third one, you develop together a perfected vision.

Relationship synergy is an empowering experience.

You create it by listening to what the other person has to say.

You give space.

You open space.

Play the “Yes! And...” game

When your partner speaks, you say a lot: “Yes! And...” Rather than “Yes, but...”

If you want to understand synergy, play this simple game with your partner:

You start on an imaginary project: “let’s have a party on the moon...”

And let them answer by saying: “yes, and ...”

Then, they then add something to your story. Something short.

Then you cut them and do the same: “Yes, and ...” and you add a new part to this project.

You do this a few times and share ideas on this project for 5 minutes.

There is only one rule. You must answer by: “Yes! And ...”

Observe the effect this dialogue has on your emotions and the way you communicate.

How does that feel?

This is synergy.

After that you shift this discussion and start again with “Let's have a party on the moon...” or another project. This time, instead of answering every proposition by “Yes! And...” you must answer each other’s ideas with: “Yes! But ...”

You simply contradict your partner.

Do this again for 5 minutes:

“Yes, but it’s not going to work anyway because it’s too far away and nobody will come... Instead, we should have the party downtown in a café...”

They answer: “Yes! But...”

Etc.

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You get the picture?

"Yes! But ..." creates conflict and takes you nowhere.

"Yes! And ..." creates synergy, complicity and gets your energy going.

This is the symbolical choice you can make every time you speak with your partner.

Are you a limiting force in their life or an empowering one?

How to empower your partner

One key to stay together happy and long term is to be an empowering force for your partner.

When you join forces in a relationship, the idea is to be each other's partner's for success.

Control is a relationship killer.

The opposite of control is trust and respect.

You want them to feel valued and empowered.

Can you see how it works?

People tend to run away from their partners when their relationship makes them unhappy and powerless.

Think of your partner's long term destiny line.

You are an agent in their path to success.

You see the full potential they have and you are a dynamic stimulating force in their life.

You don't have to do their work.

You can however remove any resistance, fears or doubts in your mind and make your partner's success one of the key priorities in your relationship.

The moment you give them these qualities, they tend to give them back to you and reflect this validation in the way they relate to you.

How to get your needs met

You want to empower your partner and you want as well to be empowered by him.

The key to get your needs met is to educate them.

How do you educate them?

You first step is to clearly identify what you want and what you need to be happy.

After that, identify how you partner can help you with that.

The third step is to tell them.

You can say things like:

"Lately I have been feeling kind of unfulfilled about my profession. I need a shift with that. Here is what I am planning to do... I need your full support with that. Can I be sure you are standing with me on that?"

You show direction. You are firm with your choice and tell them exactly what they can do to help you reach your goals.

Don't ask them to take action for you. Don't delegate. Simply show them how they can stand to empower you.

Partners sometimes need to be educated.

Open communication can work wonders.

Sometimes a person will make mistakes in the way they relate to you.

They might miss the point and not understand your needs.

It is okay to educate them him.

Don't limit them. Don't ask them to do things for you. Don't try to control their actions or boss them around.

Instead tell them exactly how they can stand in you life to empower you. You give them the ideal mind set.

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Feeling supported by your partner is such an empowering experience.

You don't want to miss the opportunity to create this type of complicity.

It is okay to educate them. Take the step and tell them exactly how to please you.

Synergize your couple

Are you familiar with the term synergy?

You might have heard it in a business context. Synergy is usually what you want to create in business meetings.

Synergy is the ability to come together on a common ground so that the force which is generated is greater than the sum of the individual's energies involved.

Synergy is cooperation.

Synergy is "synchronized energy".

You are in tune.

You are on the same wave length. This is the moment magic truly happens, and this is the goal of any dialogue with your partner.

Dialogue is not some form of boring one on one exchange. Actually, it is quite the opposite!

Dialogue is just one way of sharing life force. When you speak, you impact on the other person's mind with your emotions and ideas. You establish a bridge.

This bridge creates space.

There are three will powers involved in this: You, your partner and the spirit of the relationship.

What is this spirit? It is the binding force, love, common vision, the plan, the spirit which brings you together.

Your relationship's spirit is the energy which is "around" the two of you.

Part 3 – Sex and Passion

Wake up your passion, fun, pleasure, delight and desire

Once your relationship is secured what intensifies what you have with your partner is the pleasure, fun and passion you can share.

We enter here into a new field which is much more intimate. I hope it is alright with you... :-)

Love and sexual attraction are present in you, right?

Don't withdraw them. Express them fully.

Dare to be sexy and seductive with your partner.

There is a place in the relationship where you can be like children and satisfying your deep desires is part of that.

Dare to be sexy!

Dare to express your life force in its full dimension.

Talk to his senses and simply unleash the flow of your passion, desires and sensuality.

No need to be overwhelming though. Simply don't hold it back. Unleash it.

There is a garden of pleasure in what you share. No computer, no work, no problems, no issues in there.

It is based on beauty and love.

This is the territory of deep refinement and tastes.

This is the area of your sensuality.

Talk to his senses. Use fire, scents, and freshness.

Go deeper in these topics...

- **Tell me more about pleasure and delight...** What do these words mean for you? (feel free to use a more "poetic" language for that if you want to... wake up your senses)

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- **Are these qualities present in your life and present in what you share with your partner?** Tell me more about moments of pleasure you share with him and how it wakes up your senses
- **What does the word sexy mean for you?**
- **Do you consider yourself sexy?** Do you want more of this quality in your life? What would you do to invite more of this in your being?
- **Tell me more about beauty and refinement...** Where do you recognize these qualities in your life and in what you share with your partner?

The idea is very much to stretch the territory of your relationship and expand it in all directions.

You can infinitely expand the romantic and sensual side of your couple while growing as well in power and trust.

10 tips to wake up your senses

If you want to liven up your sex life, the goal is to nurture it and give it attention.

It is a bit like a garden you need to water and take care off.

The goal is to invite refinement and sensuality between you and your partner.

Clear your bedroom from work related or practical stuff and bring in a new touch of refinement and beauty, candles and incense.

You have five physical senses. Wake them up with these simple tips:

- **Take a bath or shower together**

What a beautiful way to create intimacy! Tropical paradise? Let the warm waves of the sea play with your naked bodies.

- **Massage each other's body**

Use sensual oils. Shift from a therapeutic approach to a sensual attitude.

- **Refresh your mind in nature**

The quest for sensuality is a natural instinct. Going to nature is like going back to the source. Breathing some fresh air together could be the first step of a romantic evening.

- **Write it down**

Letters, little notes, erotic messages are incredibly powerful. Express sensual play with your magic words.

- **Attend a sex workshop or sex class together**

Find out more about yourselves. This might take you beyond your comfort zone. Truly amazing what is being offered in that field nowadays. This is a powerful way of stimulating your sexual awareness.

- **Create ritual**

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Design your "nest". Use fragrances, essences, silks. Use fire light. Stimulate beauty and refinement. What are you wearing? What are you eating? Explore the tastes. Nourish all your senses.

- **Some music?**

Can you play? Go for it. Some exotic rhythms might wake up mysterious memories in you. Sing, use your voice. Don't mean a serenade though.

- **Take risks and explore!**

Awakening the passion in a relationship often means taking steps, taking risks. If it does not click with your first try, shift, learn, adapt, and try again.

- **Beware of high expectations!**

High expectations create stress, pressure. You don't have to perform! Instead, relax, have fun and don't focus too much on the outcome.

- **Timing!**

If you engage in creating a special moment together, be sure that the time is right. Do you have enough space? Evenings are usually more conducive for refinement. Is your mind open and free?

The number one strategy to keep him interested

Maintaining a high level of interest and curiosity towards each other is a key relationship skill.

He will lose interest if he feels that there is nothing new in your relationship.

If you want to keep him interested, the goal is to surprise him and stretch the natural limits of who you are and what you share with him.

There are always double standards in his mind.

On one side he wants the mother of his children to be decent and non-challenging. Basically, he calls for security and stability.

On the other hand, a part of him wants to be wild and passionate.

That's a more instinctual aspect of his nature.

When you have been married or in a relationship for a few years, you can be trapped in this comfort zone where renewal stops flowing.

You want to reawake that stream of renewal.

It does not need to be big drastic steps.

You can trigger his interest by truly going for sexiness rather than comfort. You can bring back passion and flirt with what you share by breaking the rules of the "house hold" and slightly challenging him.

You don't need to be all devoted to him.

This is not something you do for him.

You do it for yourself first.

If you have children, you need to take more of a lover's role.

This means that you radiate flirty energy.

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You dare to wake up your senses and stretch your limits in this direction.

You want to bring a fresh stream of life force and inspiration into your existence.

If he sees you going to the gym and having new fresh goals in your life, he will quickly wake up to the idea that your presence is not only about a comfortable relationship.

It is about ambitions and challenges as well.

If you express new qualities for him only, there is always the risk of him rejecting what you have to offer. He often does not have the energy to validate you.

So, if you want to renew the way you relate to each other, you have first to renew the way you relate to yourself.

You break through established patterns in your life and relationship.

You dare to follow new inspirations and desires of the moment.

If you have a life long dream, dare to follow it and tap into it.

Take extremely good care of yourself and in a way, dare to be selfish.

If you are a devoted house wife, break the patterns and start putting more energy into yourself.

This does not need to be a "complete make over".

You can give yourself a nice treat at the hair dresser.

Some sexy lingerie makes you feel gorgeous.

The moment you feel gorgeous, this makes him feel like a man as well.

Remember that keeping him interested is only partly about sex.

It is first about life force.

He responds to your radiance.

He responds to your energy.

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If he seems stacked in his life, stretch your own limits and establish first new patterns in your life.

Once you wake up new powerful streams of refreshing inspiration in your life he will find it easy to follow up on what you started, especially if he notices that it's for the best of your relationship.

Practically, what do you do?

Give first attention to yourself!

After years of marriage, your being might have merged so strongly with your family life that you even forget who you are as an individual.

Your needs can be lost in a sea of practicalities and other worries.

You believe that being a good wife or partner means putting your kids and family first and "sacrificing" yourself.

At least, this is what society tends to project.

This is an old outdated and boring model.

Well, here is a secret: you are the key to all that.

You and your partner are the central pillars of your family.

You started it!

You deserve to feel fulfilled on all levels of your existence.

This is why it is time and okay to shift priorities.

You come first!

Spend resources and money on yourself first.

Practicalities can come second from now on.

Invest into aspects of your being which make you feel special.

Invest in your body and mind.

Take a course on personal evolution or life fulfillment.

Give attention to your career or business.

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Energize your social life.

Reconnect with old friends.

Do some "clean up" of your past. Get rid of clutter.

Change your diet! Exercise! Join online forums.

Do what it takes to feel great about yourself and who you are.

Noticed one thing?

The question was: "How to keep him interested?"

The answer is: give attention to yourself.

Show him you matter.

Show him that you are top priority in your life.

Loving yourself is the best way to encourage others to love you as well.

The way you relate to yourself tells a lot about the way you feel about yourself.

Energy and confidence are extremely magnetic!

If you are not sure what your new goals or life targets are do some "soul searching".

Dare to look inside and ask yourself who you truly are.

Rediscover your goals, ambition, confidence, excitement and fresh energy!

These are the qualities you want to wake up.

Don't expect him to feed your world.

You own these qualities. They are part of your being.

You need to be able to manifest them with or without him.

He must know that you go for it no matter what.

This means that you don't ask for his permission.

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All these aspects of your being, you owe them to yourself first.

It is your birth right to express them.

Don't let anyone or anything put you down.

If you ask him for permission, he will often tend to retreat in the comfortable area of what he already knows.

Breaking relationship patterns takes trust and confidence in yourself.

If you want to awake the power of attraction, remove anything you feel is unattractive in you. Do it!

Dare to express the full radiance of your being and give yourself all the tools you need to succeed with that.

Think like that: invest 10% of what you earn or the house hold income into yourself: gym membership, new dress, new skills, social life, etc.

It takes focus and determination to break through any comfort zone.

Take at least a few steps every week which brings you closer to what you could call the ideal you. This is the first step: YOU!

His sex drive has dropped – What can I do about it?

It seems nowadays that a big proportion of guys (more than 50% in the UK) admit they are often too tired to have sex after a days' work.

Stress just kills stamina and libido. A guy might need to recover energy and sex requires time and energy to be good.

Another common issue is timing and space. Guys sometimes feel pressured at the wrong moment (for instance early morning before taking off to work)

Solution?

Don't pressure him.

This will make it worse.

Invite him instead.

Let it go if he does not respond.

Most of the times, it's not a "therapy" issue.

It's more related with life style.

Have open communication about your own needs.

Don't challenge him.

The best is to give him space.

Give him some form of subtle signal that it's not enough for you but give him space to take action in his own time.

The good news is that there are good chances that this has nothing to do with you, rather something he is going through.

It would happen with anyone and it might be happening to millions of totally healthy guys today.

We had sex all the time – Now not even once a month

When you first meet and in the "romantic period" of your relationship (usually the few first months), the priority is about connecting with each other.

Once you get married, the priorities tend to shift: you focus practicalities, security and comfort.

You both know you don't have to "work hard" to seduce the other: you are already together.

This means that you start neglecting the relationship and stop feeding and consciously nurturing it.

It happens by itself.

Most couples do face a slow down of both their sex drive and level of intimacy.

If you want to reawaken this lost passion, the goal is to empower your sexiness.

You don't do things for him; you do them for yourself first.

You shift priorities: it's not about your house, comfort or practicalities.

You are first a lover.

This means that you give yourself the priority. You put yourself in your best light. You energize your life and being and make sure you radiate a message and a being he wants to embrace.

If you discover aspects of your being which are unattractive, get rid of them. Get rid of old clothes.

Start dressing more sexy and trendy.

Invest in your appearance as much as your character, personality and skills.

A shift does not happen overnight.

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This is definitely the first step.

After that comes openness and dialogue in your relationship.

But we'll talk about this on another post.

Remember that the first priority is you.

You need to feel sexy and gorgeous first for yourself.

Develop a body and life attitude you love.

Do what it takes to be magnetically attractive.

Should you talk about sex issues?

If you are not used to talking about sex, take small steps.

Ask him questions about what he likes.

Tell him about a fantasy you might have.

Tell him what you enjoy the most and what you might like to try one day.

Complicity on the sex level is essential.

You can get immensely closer when you know and respect each other's secrets.

Be subtle with it.

Being rude or lacking refinement about sex issues can be a massive turn off.

Shop for some lingerie together.

Give him feed back about what he does right with you.

Play role games.

For instance, one night decide that you will lead the whole evening.

Another time, decide to explore new positions or new places to have sex in your house.

Cook a refined meal and share it with intimacy.

Experiment with aphrodisiacs and see what works and what doesn't.

Dare to be sexy and express this in words and with your body language.

You don't need to talk dirty.

Tell him about aspects of his body or personality that turn you on.

Tell him about your senses and what wakes up your passion.

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Ask him questions about that as well.

“When do you feel truly alive?”

“When is the moment you enjoy life the most?”

Dare to look into each other's fantasies.

Remove taboos and dare to talk about the very limits of what you could do or not do.

Talk about the possibility of an open relationship and what you would do if this was happening between the two of you.

Remember that fantasies are okay and healthy.

You don't cheat when you dream.

Most fantasies are okay as long as you don't put them into practice.

Talk openly about threesomes or other aspects of your sex life you might feel excited about.

Again, this does not mean that you will put it into practice; it simply means that you dare to open up to each other.

You become true accomplices in each other's dreams.

Should you force it? No need to.

Simply dare to stretch the limits of what you share without being afraid of what you might unveil.

It is okay and is a natural expansion of the awareness you have of each other.

Enjoy your sex life!

Our sex life is slowly disappearing

In a situation like the one you face, you want to empower your relationship.

How do you do that?

You bring in new skills, ways of communicating, exchanging and expanding your awareness.

You both can immensely grow but you need to invest time and energy to make it work.

Success with your relationship is something you do build consciously. You might simply expect "it" to happen naturally.

However, nature alone is not always enough.

In your situation, you want to learn something extra.

The idea is to actively do something about it.

It requires, time, effort and focus but it's definitely within your range.

It takes 1 to 3 months to shift what is happening right now.

How do you do that? Coaching, couple counseling.

These are good options.

You need to take steps together for this to work.

In other terms: invest yourselves in it!

That's the real solution.

Why do it?

Is it worth it?

I guarantee you that if you take steps and learn more about relationships skills, you'll radically shift the way you stand in it and empower the love you share.

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The key is to shift from letting nature do it for you to consciously work on it.

You add your will power, skills and determination to make it work.

It is powerful!

It does work and would bring back excitement and power in the core of your relationship.

You need however to go beyond your comfort zone and take steps you never took before.

The shift does not happen overnight.

You truly need to work on this together over a period of 1 to 3 months.

Wake up the spark!

You want your relationship to be an exciting place.

You know that.

The challenge is simply that after some years of marriage or living together, you, your partner or both of you can feel in a way too secure.

Passion is a quality that you invite consciously in your relationship.

How?

By investing at least some time and energy into it.

Passion is an energy.

You want to learn how to master it and wake it up any time.

The first thing you need are exciting and thrilling targets.

Remember, in the original stages of your relationship, there is this romantic period. You are in love.

After that comes the commitment phase where you invest yourselves into building something together.

There is a new turning point after some years of marriage or commitment.

Once you have children, house and all the material security you need, what are your new targets?

This is the challenge that many couples hit after some years.

They look for a new source of renewal or their next step.

What you want is a new plan.

You want a vision of how to build further your couple.

You want to connect with a new source of inspiration.

Here are some possible targets:

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- **Reconnecting on a sexual or sensual level**
- **New material targets like a new house or a career shift**
- **Financial independence and prosperity**
- **Spiritual or personal development quest**
- **New couple skills and better communication**
- **Emotional connection**
- **Expanded social life**
- **Mastering time apart or time off**
- **Children education, family building**
- **Good cause project or charity**
- **Etc.**

In many cases, the profound desire you feel inside is a desire to simply reconnect naturally with the man you live with.

What you want is to bring back love and connection in the core of what you share.

We'll focus more on the areas of emotional connection, sex life, intimacy, communication and inner quest.

This is a key mile stone in your relationship's story.

Here are key ideas to multiply the satisfaction your get from it:

- **Gain back control over what happens in your relationship**

This does not mean taking control away from your partner. It means taking control away from those who try to decide for you. These can be in laws, community, friends, professional pressures, etc. You two are the center of your couple and you do have the right to decide for yourselves.

- **Take time just for the two of you**

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Sure, children and practicalities are important, but at least once a week, take a few hours just for the two of you. Do something fun, spontaneous and romantic.

- **Refresh your life style**

Eat more healthy, exercise, have a good rest, give new rhythm to your day.

- **Nurture your sex life**

Reconnect with your sexiness, seduce each other again, explore new limits, develop new skills. Take a kama sutra course or explore the mysteries of the Tao of love. Relate to each other as lovers.

- **Focus on fun, excitement and quality time**

If it's boring, don't do it! Make fun the priority. Shift patterns and habits and try new things. Dare to explore and take risks.

- **Communicate!**

Take at least 30 minutes every week to tell each other what you like about your relationship, what works and what doesn't. Don't point your finger, simply share feelings, ideas and impressions. This is the R & D area of your couple.

- **Take time for yourself**

Simply give each other space and freedom. Having a night out with some friends is immensely refreshing for your relationship. Dare to go for it! It empowers trust! Some time alone gives you the space to reconnect with yourself.

This goes really beyond "taking a new hobby". What you invoke in the core of your couple is a new energy, new mind sets and life patterns.

This force is a new resource you can tap into.

You can relax into it.

Dare to trust and follow your instinct with it!

Why spending time apart is very healthy for your relationship

The fact that you are married or committed to each other does not mean that you have to spend all your time together.

This is such a common misunderstanding in many couples.

They tend to believe that the fact that you spend a week holidays apart or that you have a night out with your friends are signs that something is wrong with your relationship.

Not at all!

Your relationship needs to breathe.

If you feel tensions building up easily.

If you feel easily frustrated with your partner.

If you feel your level of excitement or passion dying out.

These are all signs that you might be burning out your love life.

What does it mean exactly?

It simply means that your couple space gets asphyxiated by not having time to regenerate.

Everything goes in cycles.

It is totally normal to have a break from your partner's presence every now and then.

The only thing which stops you from taking that break and enjoying it is the fact that you believe it is wrong.

Okay, I agree!

These are new ideas.

A 100 years ago, I am convinced that partners would tend to stick together at all times.

You often hear people saying things like:

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“It can’t be all fun in your marriage”

“You need to make sacrifices”

I’ll be direct, okay?

Crap!

I can’t believe it!

If you are not having fun in your relationship right now, it is because you did run out of ideas and energy.

It is like pressing an orange endlessly trying to get more juice out of it.

If this is how your relationship feels right now, it does not mean that you are wrong for each other, it simply means that you need to regenerate, reconnect with yourself, activate new sources of energy and power, etc.

Change and renewal are needed in your couple.

If you keep on repeating the same cycle over and over again, your mind tends to get bored. Passion simply dies out.

Now, if you step out of your couple space for an evening every now and then, you get the excitement juices flowing again.

It works!

It is magical to feel free from your partner’s judgement or presence for a few hours or a few days.

Again, this does not mean that you have to break up.

It simply means that it is part of your natural needs to regenerate, so that when you meet again, you have some fresh energy to invest in what you share.

Daring to spend time apart is one of the key modern relationship skills.

In fact I don’t know that many couples who dare to embrace this idea.

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Very often you need to come to a point of crisis where you are so frustrated of not feeling fulfilled that you decide to take a drastic step.

Sometimes, this can lead to cheating or break up.

The interesting thing is that if you give yourself some freedom every now and then and simply respond to your individual needs rather than your couple needs, you bring in renewal naturally.

This renewal force is like a fresh breeze.

It empowers you, gives you back the control seat and makes you realize that you have a life beyond what you share with your partner.

Very often, partners don't like hearing this.

They find it threatening because they are afraid that their wife, husband, girl friend or boy friend will run away with someone else.

This is the embedded fear which stops most couples from giving it a try.

What does this mean?

It means that you need to talk about it.

You need to reassure each other.

You need to understand exactly why it is okay every now then to organize an evening where your partner is not present and not involved at all.

Imagine: it is like walking hand in hand all the time.

Sometimes, you want to let go of that hand and feel this renewed sense of total freedom.

It does not mean that you won't grab that hand again in a minute; it simply means that you can both function as individual and within a couple space; which is excellent news!

Can you see how this works?

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Because you have this renewed sense of inner independence, it gives you extra power and extra confidence.

This gives you extra happiness and emotional fulfilment as well.

You find yourself more balanced.

When you see your partner again, you invest all these qualities back in your relationship!

This is why it is a win-win: because when you come back to your partner, he or she enjoys a more fulfilled spouse.

If your relationship is totally fulfilling right now, it probably means that you found a good balance already. If it is the case, then simply keep on doing what you have been doing till now as it seems to work.

Now, if you feel that your life and relationship need a boost, this is probably the number one strategy to try.

Now, I am not saying this is easy.

If you enjoyed the cosiness and comfort of your partner's presence for many years, the idea of not seeing him or her for even one evening can be threatening.

Yes, you are right!

It is a risk!

You always take a risk when you engage yourself in a new direction you did not try before.

Now, this risk taking is precisely what brings in a new boost of freshness in your life.

The moment you take some risks, (Nothing extreme! ☺ Simply something you did not try before) you call for fresh resources in your system.

All this is very good and positive.

In another article, we will explore the type of new activities you can focus on and how to introduce the idea to your partner.

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For now, I'll let you think about this simple relationship strategy.

I'm serious: this could save your marriage or relationship if you feel it is in trouble right now.

It will as well give you a new sense of freshness and happiness.

These are qualities you deserve in your life.

If they were somehow taken away from you, it might time to put up a good fight to manifest them back.

Remember that you and your partner are the designers of your relationship.

You decide what happens next.

I feel I've fallen out of love with him – Should I leave?

There are many areas in your life which can evolve or change.

Your relationship with your partner is only one of them.

When renewal is calling, you can change your relationship or you can keep your relationship exactly the way it is and shift other aspects of your existence.

If you feel like you are in a still point in your marriage, it does not mean that you have to break up.

It could simply mean that other areas of your life need attention.

Check your career and personal development areas.

Check on things like health and well being.

Check on new passions and new directions your life can go into.

Even if your relationship feels temporarily still, you can still use this as a platform and focus on other aspects of your existence which might need nurturing.

Sometimes, the goal is not to destroy or change something but rather to maintain what is there, even if it feels temporarily quiet.

What you need is renewal, right?

You want your life to keep on evolving.

You look for new ideas and you feel that the comfort zone of your relationship could be slowing you down with that.

If it's the case step beyond your relationship and take some risks.

Stretch your own limits and if you feel that your partner does not help you with that, or even limits you, have a serious discussion with him about what you need from him:

You need him to support you in keeping on growing as an individual, right?

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You want him to give you space to achieve that.

In fact you want to feel free within your relationship.

You want to increase your level of freedom, excitement and life force where you are right now.

Of course, this can feel like a huge task but it is the first thing to try:

Empower yourself within your relationship and the way you stand in it.

Once you do, you feel like life starts flowing again through your veins.

Why is that?

Because you feed your being and stretch your wings.

You don't let any mind set limit you.

It is your life and you have the right to be happy and satisfied.

Your partner is an empowering stream towards your happiness.

If he is not playing that role, remind him of what part you want him to play in your life.

You want him to be a strong empowering pillar which reinforces your desire and need to be 100% alive.

Educate him on that if you have to.

Remind him of what love is about and what your needs exactly are.

Fight for your rights and freedom within your relationship.

No one, even your partner has the right to limit you.

I had all these dreams – Now I feel limited in my relationship!

The need to keep evolving and changing is a very natural one.

When you build a relationship, you tend to focus a lot on long term security.

You surround yourself with activities and mind sets which say one thing: "I want stability, both material and emotional".

Why is that? Because you want your relationship's territory to feel safe and secured.

Now, this can conflict with another natural need in you: your need for change and evolution.

Renewal and fresh energy are essential.

The truth is that you can create a level of security which is so high that new energy simply stops flowing in your existence.

It is like living in a castle with thick walls where you can hardly breathe.

When you decide to invite change and renewal in your relationship, you call upon fresh energies.

To make it work, you need to take conscious action and start shifting things around to create space for the new.

The first step is to free energy.

If the walls are too thick, you want to create new openings.

What are these openings?

They are life style shifts, new activities, changes of direction, new connections, new life targets, new goals, new skills, new ways of relating to your partner, new challenges, risk taking, stretching your natural limits and so much more.

The key word is action.

Change is not a thought.

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It is a clear action channel.

It is a stream of inspiration which requires, focus, energy and follow up.

Now, you need to find exciting targets which have truly value for you.

Simply taking a new hobby is usually not enough.

You want to go deeper than that.

You want to check your values and the role you play in other people's lives. You might want to give your career a boost or energize your body for instance.

You might take off on a trip with some friends or decide to get rid of old draining connections.

The way to go is to start looking at yourself as your life's architect.

Once you have a clear vision of the new qualities you want to have in your life, you start actively manifesting them.

This does not happen overnight.

Don't expect it to be simply an easy ride: if you have been living with a specific mind set (quest for security) for many years, it might take a few weeks to redefine your life's targets and give yourself the tools to achieve what you want.

What are these tools?

They are greater awareness of yourself and the way you stand in life, new life skills, new ways of relating to others, yourself or your environment, new life style attitudes and so much more.

This is a path of personal evolution.

You can tap as well in more profound (spiritual) aspects of your being if you are open for it.

This might be a "soul searching" period where you question and reassess what you want for your future.

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Dare to take the time to question what you want and where you want to be 5 years from now.

What are you thrilled about?

What would make the coming year your most incredible life experience so far?

The first step is to gain clarity and vision of what you want. After that, you want to give yourself the tools and the power to break through whatever might limit you right now.

You do this by shifting priorities: YOU FIRST!

It is okay to be selfish and think about yourself first.

I know that the idea of self sacrifice as a mother or partner is profoundly embedded in society.

You feel pressured to give to others without ever thinking about yourself.

This is the key mind shift you can achieve right now.

Respect yourself.

Respect your needs.

Feed your being with whatever it needs right now.

You know that you deserve it and it is your right to take it now.

You first!

Trust your instinct and go for it!

Help!!?? My bf says he's bored with me!

What you face is very common.

It happens to lots of married couples who have been together for some time.

Basically, there is too much comfort and security.

Passion naturally tends to die out.

I can imagine how you feel.

When you are young, these feelings can be truly weird.

What is happening?

How to solve that?

Waking up the passion and keeping it alive is a skill.

Sometimes, it simply happens naturally.

Other times, you have to break through some form of invisible wall and reconnect with the thrill and excitement of being together.

Spending too much time together can trigger boredom.

Lack of challenge or lack of anything new can create this feeling of crystallization where life simply stops flowing.

What to do?

Challenge your relationship.

Challenge each other.

Simply go beyond the limits of what you already know.

What you want to connect with is called renewal power.

It's a refreshing force in you.

It is instinct which feels like opening new windows in your life.

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How do you connect with renewal power?

You set new goals and new challenges.

You set new targets for your relationship.

You respond to opportunities.

Anything which goes beyond your present limits would work.

True, the "freezing" force you feel right now will go away.

You will break through, but you need to discover new skills.

Seeing new faces and expanding your social circle for instance really helps. It brings new inspiration.

Work on it. Stay focused on breaking through.

What's the opposite of boredom?

Passion, thrill, challenge, excitement.

If you are simply used of sitting back and getting those on a golden plate, it's time to shift your strategy.

Passion for life is something you can actively create and stimulate.

It is a key life skill.

It is one you can wake up.

Now might be the right time!

My relationship with my bf is getting dull!

This is about waking up the passion.

Passion, fire, excitement are substances you can learn to wake up and master.

How do you do that?

You challenge yourself and your partner.

You take risks and simply do stuff you never did before.

It gets dull because it gets too comfortable.

Anything which will make it more comfortable will kill the magic even more.

The answer is not a single trick.

It is a state of mind and a life attitude you decide to embrace.

Find these qualities in you first.

Once you have them in you and know how to manifest them, project it on your relationship

Waking up the passion is an attitude.

It is a choice you make every time you take a risk and challenge yourself.

You can take these steps with social events, sports, professional goals and so much more.

You focus first on what thrills you and dare to look beyond what you are used to do.

Don't rely on your partner to do this for you.

You want your life to be exciting with or without him.

Find the first challenge which comes to your mind.

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Don't think and simply go for it!

What matters is that you keep evolving as a human being.

It is a skill you can learn.

It takes about 1 to 3 months to establish it in you.

Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

<http://vitalcoaching.com>

To your power!

Francisco Bujan