

# Create an Epic Love Affair with Your Partner

By Emma K Viglucci, LMFT



When You Want More in Your Relationship...

***You are partners in parenting and life and might even be besties. But you'd like your romantic partnership to become more alive... Get your romance, spark and passion on!***

Unfortunately, it is too common for couples to have very low intimacy in their relationship. We are living through a low desire and low intimacy epidemic. Partners might experience that all the stars need to line up before they can be physically intimate...

There are a variety of factors at play that interfere with a couple's ability to connect at this level. These range from exhaustion to physical dysfunction.

But most importantly the main reason why couples are not being more intimate it's because they are not prioritizing their partner and the relationship, and they have lost sight of the person behind their partner...

**It takes intentionality to have an amazing, radiant, and successful relationship and an epic love affair with our partner.**

Partners that work on their relationship might do communication, boundary setting, getting on the same page and other relationship work. But they might not pay enough attention to creating and strengthening the connection and intimacy side of things.

This Masterclass will help you enliven this part of your relationship. We'll cover how to move from not getting along to having a loving and passionate relationship...

**Learn how to create the most intimate and satisfying relationship with your partner that you can imagine...**



**Emma K Viglucci**

**IT TAKES  
INTENTIONALITY  
TO HAVE AN  
AMAZING,  
RADIANT, AND  
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AND AN EPIC  
LOVE AFFAIR  
WITH OUR  
PARTNER.**





# THIS MASTERCLASS HELPS YOU:

## **Part I ~ Stop the Fighting, Stop the Drama™**

Learn how to create your radiant and successful relationship where you enjoy joy, harmony, resilience, connection, and abundance. Address the culprits of low desire and stop putting a knife to your bond... Start getting along better with your partner and enjoy each other more.

## **Part II ~ Calibrate Attachment Love™ and Passionate Love™**

Learn to calibrate Attachment Love™ (love, connection, security, caring and nurturing) and Passionate Love™ (desire, attraction, excitement, eroticism and enticing). Take ownership of your spark, attraction, desire and sexuality. Start developing more passionate love.

## **Part III ~ Invest in The In-Between**

Learn how to play with the Love-Desire Spectrum™ to create a strong, radiant and passionate relationship. Cultivate gorgeous love and desire with targeted investments. Start taking your relationship to the next level.

### ~~ IMPORTANT ~~

Block time off to dedicate to get started on your transformational processes. For your dedicated time, create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
- Water or tea
- Journal and/or Working Notebook
- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
- Calendar



# STOP THE FIGHTING, STOP THE DRAMA™

~ PART I ~

## STOP THE FIGHTING, STOP THE DRAMA™

*Learn how to create your radiant and successful relationship where you enjoy joy, harmony, resilience, connection, and abundance. Address the culprits of low desire and stop putting a knife to your bond... Start getting along better with your partner and enjoy each other more.*

As much as partners might love each other and be into each other, their own existential needs will always supersede in their interactions...

It is imperative that partners fully know and understand themselves and each other so they can mitigate the power struggle to get their own needs met that inevitably permeates their interactions...

### The Relationship has 3 Stages

- 1~ The Infatuation Stage** – Best foot forward and smitten with the other
- 2~ The Power Struggle Stage** – Higher level of commitment and tug of war to get own needs met
- 3~ The Intentional Relating Stage** – Deeper level of understanding and intentional relating to cocreate

Most couples they get stuck in the second stage if they even make it long term... It is in the second stage where all the troubles happen. The partners have subpar ideas about what entails to have a successful relationship, they have poor communication skills, they get stuck in a dissatisfying loop and repeating pattern, they experience disconnect and lack of intimacy and they are overwhelmed by the business of life.





# STOP THE FIGHTING, STOP THE DRAMA™

These challenges fall within 5 Key Elements of Relationship, and they tend to create stuckness, dissatisfaction and unhappiness... Our Successful Relationship Strategy™ addresses these with targeted Elements work that address related 5 Culprits of Low Desire.

## The Successful Relationship Strategy™

**Element 1: Context & Mindset** – Relationship Enrichment Mindset™, boundaries, personal ownership

**Element 2: Communication & Alignment** – Communication tools and skills, conflict resolution, repair

**Element 3: Clarity & Dynamics** – Addressing triggers, meeting own and the other's needs, self-love practice

**Element 4: Connection & Intimacy** – Nurturing relationship, Connection Habits™, giving and receiving love

**Element 5: Collaboration & Partnership** – Joint Life Vision, sharing responsibilities, systematizing workload

## The Low Desire Culprits™

**1. Enmeshment** – You are too involved or in each other's business to experience the allure

**2. Expectations** – The noise in your head creates resentment makes your partner less attractive and shuts you down

**3. Exhaustion** – You, your needs are not met, you are too tired, your libido is dead

**4. Boredom** – There isn't enough positive stimulation to generate excitement and spark

**5. Domesticity** – Your roles are squashing your male/female energy attraction

Create your Radiant and Successful Relationship, and Meaningful Life, by investing in improving the quality of each relationship area through their corresponding Elements. This ensures you get along and that you uplevel your relationship by improving its overall quality.



## WORK IT

In this Part we'll focus on stabilizing your relationship and taking it to the next level of radiance and success.

### Process 1: Assess your Relationship Elements and Low Desire Culprits

1) Rate yourself on how you are doing in each Element of the Successful Relationship Strategy and how prevalent is the related Low Desire Culprit.

Use the range from 1(low) to 10(high) to rate each item.

#### Element1 – Context & Mindset: Empower Yourself

***Do you feel stuck and yearn for more in your relationship?***

*Shift your relationship mindset and break the impasse*

- ♥ Understand the higher purpose of your relationship and commit to making your relationship work; shift from an ego-led (head-fear-based) to a heart-led (heart-compassion-based) approach to your partner and relationship; see your partner as your ally and give the benefit of the doubt and grace.

- ♥ Own yourself, take full personal responsibility, be accountable and integrous; mind your *locus of control* (mind your circle/business and not your partner's); establish and uphold mindful effective boundaries; increase your self-esteem, integrate and expand your sense of self

- ♥ Deconstruct your assumptions, scripts, limiting beliefs, recurring themes; address distorted thinking and inner critic; establish relationship expectations and roles; (co)author your success story

#### Low Desire Culprit: Enmeshment

You are too involved or in each other's business to experience the allure, you experience and a lot of drama, you feel powerless to make changes and your partner feels blah (even repulsive)

Cont.



## WORK IT

**OVERALL:** You believe your relationship has purpose and your partner is your Life Partner. You hold each other in the highest regards and treat each other with the utmost respect. You know your partner has your back and your best interest at heart, and vice versa. You own yourselves fully, taking full personal responsibility for everything in your circles and you are super mindful and respectful of your partner's. You are growth oriented and invested in becoming your Best Selves, creating your Best Relationship and your Best Life. You give your partner the benefit of the doubt and grace, and you don't assign motives or make assumptions.

☐

### Element2 – Communication & Alignment: Improve Understanding

***Do you experience frequent misunderstandings?***

*Effortlessly get on the same page and better get each other*

- ♥ Learn and improve communication skills and tools; remove roadblocks to great communication

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- ♥ Set up and follow communication structure, transparency, and accountability; set up meaningful, productive and impactful conversations; clearly and cleanly express your needs, expectations, desires, wishes and dreams

☐

- ♥ Follow decision making, conflict resolution and repair protocols

☐

### Low Desire Culprit: Expectations

You have noise in your head about your partner and the relationship that cause fighting and creates resentment making your partner less attractive and you less interested and shut you down

☐

**OVERALL:** You ongoingly invest in upping your communication game and are committed to having clean interactions. You proactively eradicate any roadblocks to communication and are intentional about protecting your bond in interactions. You pursue learning and improving communication skills and using communication tools. You respectfully check-in, you mindfully and intentionally respond in interactions, you able to take the highroad, and keep a compassionate heart. You set yourselves up for successful interactions and productive conversations, and you take your exchanges to the next level to deepen understanding and connection.

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## WORK IT

### Element3 – Clarity & Dynamics: Change Patterns

#### ***Do you have recurring conflicts and disagreements?***

*Understand why you have recurring dissatisfying interactions and change the pattern*

- ♥ Understand what's driving the dynamics in your relationship, your triggers (sensitivities, hot buttons) and defenses (reactions), and identify your dissatisfying relationship loop; understand how your triggers fit like a puzzle creating your repeating patterns and loop and how the differences are part of the attraction, glue between you

- ♥ Learn to get your needs met and receive; learn to stretch to meet your partner's needs and give; establish proactive relationship nurturing and enrichment; learn to change the loop in real-time being mindful not to trigger

- ♥ Establish a rich Self-Love Practice for self-regulation, increasing resilience and Being your Best Self

### Low Desire Culprit: Exhaustion

Your needs are not met, you are frustrated with your partner, you are depleted and have no energy, libido, or desire, you can't keep your eyes open never mind gearing up for physical intimacy

**OVERALL:** You understand how you create your repeating patterns, how they fuel and maintain your stuck dissatisfying reciprocal loop and dynamics. You have identified your sensitivities and triggers, are mindful not to trigger each other, and proactively invest in becoming less triggerable. You intentionally set up tactics and habits to meet your own and your partner's needs, have established a rich self-love practice to increase self-regulation, resilience, and embrace your authentic and radiant self. You have reached a harmonious and joyful state of interdependence.





## WORK IT

### Element4 – Connection & Intimacy: Feel Connected

***Do you feel lonely, taken for granted, and unappreciated?***

*Reignite your love, deepen your intimacy and enhance your passion*

- ♥ Maintain your individuality, balance togetherness and separateness, use your gender / core energies effectively; show up with your most Authentic and Inspired Higher Self, with your swag and sparkle; stretch and create safety for and be attuned to your partner's Being

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- ♥ Create and sustain connection, implement Connection Habits™; utilize and enhance relationship rituals, including Appreciation Sessions, and couple traditions; reach your partner through their love language, learn to better give and receive; implement planning fun

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- ♥ Implement the Date Your Partner Protocol™, woo, flirt, and seduce your partner; enrich and luxuriate your interactions, expand your sexual repertoire, have scheduled premeditated sex; explore other awakening and adventurous activities for being Alive

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### Low Desire Culprit: Boredom

There isn't enough positive stimulation to generate excitement and spark, your vibrancy is muted, you don't nurture the relationship or woo your partner, you are like roommates

☐

**OVERALL:** You make your partner your top priority, you feel deeply connected and in love with your partner, and you enjoy each other's company. You have a beautiful balance between similarities and individuality (even oppositeness!), togetherness and separateness, and Love and Desire. You consistently and intentionally invest in nurturing your relationship and your partner and utilize tactics to enhance your connection, intimacy, and fun. You invest in dating your partner. You are committed and invested in showing up with your Best Self, and in creating a passionate relationship and an Epic Love Affair with your partner.

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## WORK IT

### Element5 – Collaboration & Partnership: Become a Team

#### ***Are you carrying the brunt of the responsibilities in your home?***

*Create a sustainable strong partnership and enjoy a peaceful, loving, and inspiring home*

- ♥ Define and implement the sharing and managing of responsibilities; set up systems for staying current, synchronized and on the same page; design effective use of space, time, and other resources, have efficient daily routines

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- ♥ Clarify and design your preferred lifestyle, set up routines to support it, take on couple projects and joint activities, expand your interests and social circle

☐

- ♥ Create your Join Life Vision, dare to dream big, set goals, strategies, and tactics to achieve them; tap into your synergy, be a powerful partnership; identify your life's purpose and/or mission, get involved in service or philanthropic causes

☐

### Low Desire Culprit: Domesticity

Your roles and responsibilities are squashing your male/female energy attraction, the people in the relationship get lost for the roles, your routine and your life are a bit mundane

☐

**OVERALL:** You prioritize your family, you have a smooth-running household, have a divide and conquer approach to your shared responsibilities, you stay synchronized and current, and you are a strong partnership in all your endeavors. You have created an amazing lifestyle that supports your Joint Life Vision and your purpose, and embrace a Relationship Enrichment Lifestyle™. You have rich interests, projects, and engagements. You have created a successful life, have made significant achievements and impact, and you are a role model and an inspiration in your circles.

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## WORK IT

2) Transfer the Low Desire Culprit Score for each Element in segment #1 where indicated:

**Element1:** Context & Mindset

**Low Desire Culprit:** Enmeshment

**Element2:** Communication & Alignment

**Low Desire Culprit:** Expectations

**Element3:** Clarity & Dynamics

**Low Desire Culprit:** Exhaustion

**Element4:** Connection & Intimacy

**Low Desire Culprit:** Boredom

**Element5:** Collaboration & Partnership

**Low Desire Culprit:** Domesticity

Sum of above

Divided by 5 =

**Low Desire Culprit SCORE**

3) Transfer the Overall Element Score for each Element in segment #1 where indicated:

**Element1:** Context & Mindset

**Element2:** Communication & Alignment

**Element3:** Clarity & Dynamics

**Element4:** Connection & Intimacy

**Element5:** Collaboration & Partnership

Sum of above

Divided by 5 =

**Successful Relationship Strategy SCORE**



## WORK IT

### Process 2: Opening up to Possibilities

1) Capture what each Element looks like in your relationship currently – write a brief paragraph to describe the current state of affairs:

#### Element1: Context & Mindset

Relationship Enrichment Mindset™, boundaries, personal ownership

#### Element2: Communication & Alignment

Communication tools and skills, conflict resolution, repair





## WORK IT

### Element3: Clarity & Dynamics

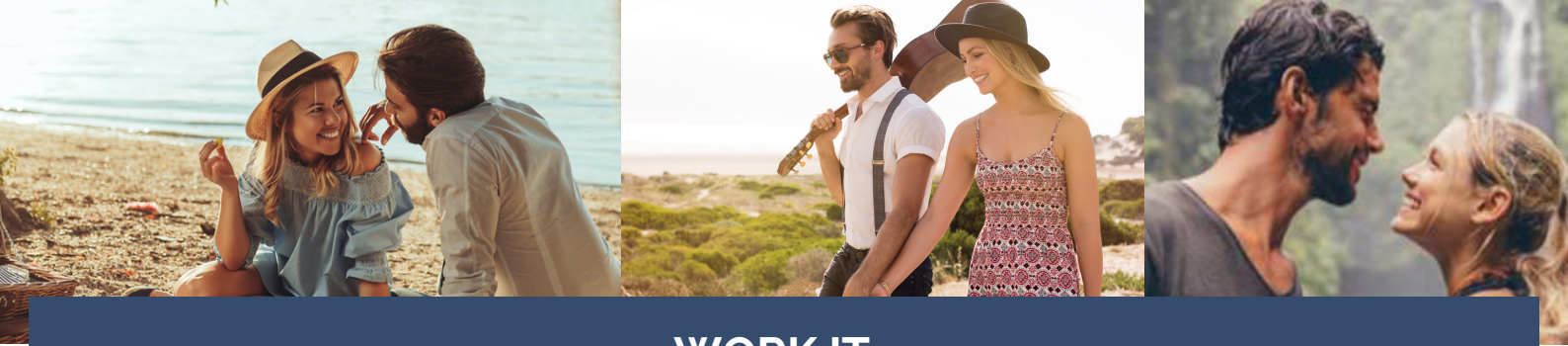
Addressing triggers, meeting own and the other's needs, self-love practice

### Element4: Connection & Intimacy

Nurturing relationship, Connection Habits™, giving and receiving love

### Element5: Collaboration & Partnership

Joint Life Vision, sharing responsibilities, systematizing workload



## WORK IT

2) Capture you'd like each Element to look like in your relationship – write a brief paragraph to describe what you desire for each:

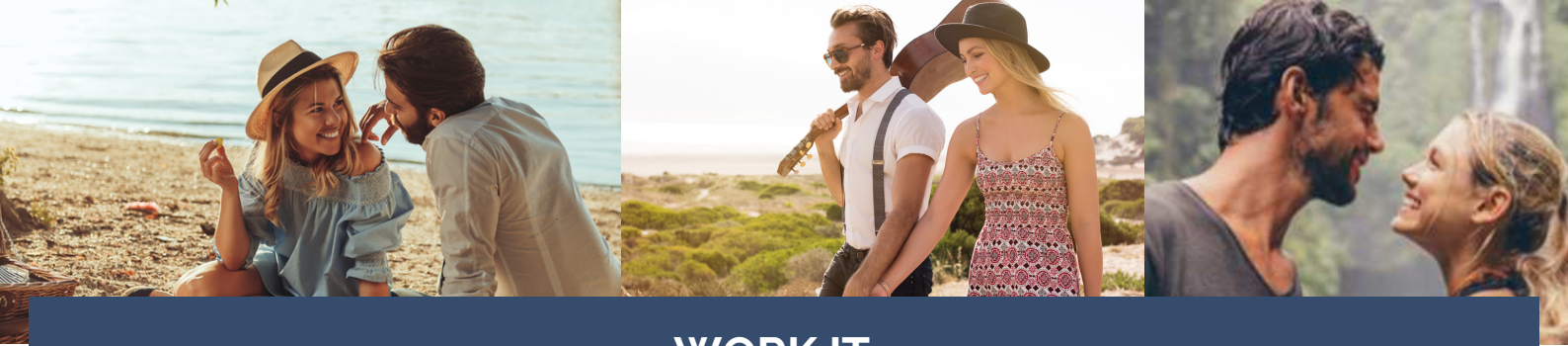
### **Element1: Context & Mindset**

Relationship Enrichment Mindset™, boundaries, personal ownership

### **Element2: Communication & Alignment**

Communication tools and skills, conflict resolution, repair





## WORK IT

### Element3: Clarity & Dynamics

Addressing triggers, meeting own and the other's needs, self-love practice

### Element4: Connection & Intimacy

Nurturing relationship, Connection Habits™, giving and receiving love

### Element5: Collaboration & Partnership

Joint Life Vision, sharing responsibilities, systematizing workload



## WORK IT

### Process 3: Creating your Successful and Radiant Relationship...

1) Capture what changes you'd like to make in each Element that you can implement and spearhead yourself, working your side of things, to upgrade your relationship and address the Low Desire Culprits – write a few items for each:

#### Element1: Context & Mindset

Relationship Enrichment Mindset™, boundaries, personal ownership

#### Element2: Communication & Alignment

Communication tools and skills, conflict resolution, repair



## WORK IT

### Element3: Clarity & Dynamics

Addressing triggers, meeting own and the other's needs, self-love practice

### Element4: Connection & Intimacy

Nurturing relationship, Connection Habits™, giving and receiving love

### Element5: Collaboration & Partnership

Joint Life Vision, sharing responsibilities, systematizing workload





## WORK IT

2) For each Element, identify 3 Tactics that would address the characteristics (use the scores for prioritizing as you see fit) of the Element that would have the most impact in that Element if implemented immediately:

### **Element1:** Context & Mindset

- 1 -
- 2 -
- 3 -

### **Element2:** Communication & Alignment

- 1 -
- 2 -
- 3 -

### **Element3:** Clarity & Dynamics

- 1 -
- 2 -
- 3 -

### **Element4:** Connection & Intimacy

- 1 -
- 2 -
- 3 -

### **Element5:** Collaboration & Partnership

- 1 -
- 2 -
- 3 -

3) Now, choose the Element that you'll focus on first that would have the biggest impact in your relationship, and give it your all to increase your score there. Immediately implement one of the tactics you identified for it in the prior segment.



## CALIBRATING ATTACHMENT LOVE™ AND PASSIONATE LOVE™

### ~ PART II ~

## CALIBRATING ATTACHMENT LOVE™ AND PASSIONATE LOVE™

*Learn to calibrate Attachment Love (love, connection, security, caring and nurturing) and Passionate Love (desire, attraction, excitement, eroticism and enticing). Take ownership of your spark, attraction, desire and sexuality. Start developing more passionate love.*

When partners first meet, they might experience a strong attraction and passion. But as soon as they make a higher level of commitment, they move into the second stage of relationships which is characterized by their power struggle. The intimate passion is all but forgotten to be replaced by passion in their arguing- to get their own needs met...

The unknown, quirks and risks initially created allure and attraction. Now the same qualities only antagonize and trigger the partners...

At this stage the focus is to establish security and safety where love, connection, and attachment can be experienced through getting along and nurturing... This security prevents triggers which allow the partners to take their relationship a step further in any direction they desire...

One direction is to invest in creating an Epic Love Affair with their partner, a Passionate Relationship. The couple can play, experiment, and take risks in different ways generating desire and passion...



## CALIBRATING ATTACHMENT LOVE™ AND PASSIONATE LOVE™

For this to happen the key is to find a balance between sustaining Attachment Love and playing with Passionate Love:

**Attachment Love has to do with Nurturing** – it's about feeling love and connection, feeling security, having stability and safety, being known, valued, respected or protected, caring, being a couple, having togetherness

**Passionate Love has to do with Enticing** – it's about feeling desire and attraction, feeling excitement, having fascination and yearning, being wanted, taken, devoured or consumed, eroticism, being an individual, having separateness

These Loves are on a Love-Desire Spectrum™ where the partners can move from side to side or strike a balance of sorts that works for them...

The Attachment Love gets attended to via investing in the Elements of the relationship (Part A). The Passionate Love gets attended to via investing in generating more energy, excitement, and eroticism. This is the Foreplay Before Foreplay™.

Create your Passionate Relationship, and your Epic Love Affair with your partner, by generating aliveness and excitement, creating attraction, protecting and enhancing your libido, cultivating playfulness and eroticism, and owning your own desire and sexuality.





## WORK IT

In this Part we'll focus on revitalizing you, and helping you get your swag and sparkle on. This is the Foreplay Before Foreplay...

### Process 1: Addressing the Low Desire Culprits...

1) Refer to PartI, Process1/Segment2 and Process3/Segment1- your scores and the changes you'd like to make when it comes to your Low Desire Culprits. Capture below specifically what actions you can take to stop the depletion in each Element:

#### Element1: Context & Mindset

##### Low Desire Culprit: Enmeshment

You are too involved or in each other's business to experience the allure, you experience and a lot of drama, you feel powerless to make changes and your partner feels blah (even repulsive)

- 1 -
- 2 -
- 3 -

#### Element2: Communication & Alignment

##### Low Desire Culprit: Expectations

You have noise in your head about your partner and the relationship that cause fighting and creates resentment making your partner less attractive and you less interested and shut you down

- 1 -
- 2 -
- 3 -

#### Element3: Clarity & Dynamics

##### Low Desire Culprit: Exhaustion

Your needs are not met, you are frustrated with your partner, you are depleted and have no energy, libido, or desire, you can't keep your eyes open never mind gearing up for physical intimacy

- 1 -
- 2 -
- 3 -



## WORK IT

### Element4: Connection & Intimacy

#### Low Desire Culprit: Boredom

There isn't enough positive stimulation to generate excitement and spark, your vibrancy is muted, you don't nurture the relationship or woo your partner, you are like roommates

- 1 -
- 2 -
- 3 -

### Element5 – Collaboration & Partnership

#### Low Desire Culprit: Domesticity

Your roles and responsibilities are squashing your male/female energy attraction, the people in the relationship get lost for the roles, your routine and your life are a bit mundane

- 1 -
- 2 -
- 3 -

2) Now, choose the Element that you'll focus on first that would have the biggest impact in your relationship, and give it your all to decrease your Low Desire Culprit score there. Immediately implement one action you identified for it in the prior segment.



## WORK IT

### Process 2: Expanding your Self-Love Practice™

Self-Love is part of Self-Growth, which also includes Personal Development. Establishing a rich Self-Love Practice ensures that we fully take care of ourselves and replenish- protecting, honoring, owning, managing, nourishing, enriching, showcasing, expanding...

**1- Self-Honoring & Being** - Respecting and honoring ourselves- our values, our needs, our body, our feelings, our intuition, our perspectives, our space, our time, our preferences, our wishes, our dreams and so on. Self-Honoring has to do with really knowing, owning, standing-up for, and celebrating who we are and who we want to be.

**Embracing Self-Honoring** has to do with Setting up our lives so that it is in congruence and in alignment with our Core Self and so it supports us in becoming more and more our true, Authentic Self.

#### Related Tactics

1. Values
2. Essence
3. Feelings
4. Intentions
5. Roles

**2- Self-Management & Flow** - Self-Management has to do with taking full responsibility for ourselves- with learning how to properly manage ourselves and strive for excellence and high performance. It is about flowing through our days creating our Best Life...

**Embracing Self-Management** in our Self-Love Practice allows us to truly have our own back and support ourselves in our Journey... For the purpose of our Self-Love Practice, the focus is on how we set up and go about our days to effortlessly achieve our goals, experience joy and fully live our life.

#### Related Tactics

6. Time Mapping
7. Time Blocking
8. Routines
9. Habits
10. Special Days

**3- Self-Care & Resilience** - Taking care of ourselves- with having a wholistic self-care practice that generates vitality, health and wellbeing. The Self-Care Practice in this context refers solely as the activities that nourish and take care of our body and wellbeing.

**Embracing a Self-Care** has to do with taking care of our "meat suit", our human vehicle, so that it allows us to have a beautiful, full and long human experience... When we take proper care of ourselves, we slowdown the aging process, we increase our health, vitality, longevity and ability to truly enjoy our life.

#### Related Tactics

11. Sleep
12. Exercise
13. Nutrition, Supplements & Hydration
14. Grooming & Hygiene
15. Relaxation & Mindfulness

**4- Self-Connection & Radiance** - Having a strong relationship with ourselves- with fully knowing and accepting all parts of ourselves, with keeping our own company, with having our own back, with being more present, with nurturing ourselves

**Embracing Self-Connection** has to do with being in Connection with our Highest Self, our Soul's directive if you may. We embody our full Being, pursue our calling, embrace a full Human Experience that includes intentionally evolving... This is how we Radiate our Brilliance...

#### Related Tactics

16. Fully knowing and accepting all our parts
17. Having our own back
18. Being more present
19. Keeping our own company
20. Nurturing ourselves





## WORK IT

1) Review the accompanying table for the 4 Components of Self-Love. Which of the 20 Self-Love Tactics, or comparable, do you already have in your Practice:

### 1 ~ Self-Honoring and Being

- \_\_ **Values** – Live by your identified 5 Core Values - set goals, filter decisions, prioritize accordingly
- \_\_ **Essence** – The Flavor of Human Being you want to be- embrace related personal characteristics
- \_\_ **Feelings** – Choose and cultivate your feeling state- enlist thinking those feelings generating thoughts
- \_\_ **Intentions** – Decide how you want to show everyday- choose state, feelings, attitude and self-correct
- \_\_ **Roles** – Explore how you want to be in your roles- embrace related personal characteristics and behaviors

### 2 ~ Self-Management and Flow

- \_\_ **Time Mapping** – Identify how you'll use your time on a weekly basis- assign life areas or other focus
- \_\_ **Time Blocking** – Chunk time within your Time Map for specific kinds of activities- embrace focusing
- \_\_ **Routines** – Develop routines to help you manage all aspects of self/life- daily, morning, night, weekend, +
- \_\_ **Habits** – Select habits and add to your routines- Wellness Habits, Connection Habits™, Success Habits
- \_\_ **Special Days** – Create theme days to shake up the routine and to treat yourself- Mental Health Day, +

### 3 ~ Self-Care and Resilience

- \_\_ **Sleep** – Implement sleep hygiene and sleep hacks for full benefits of your required sleep- at least 7 hrs
- \_\_ **Exercise** – Add movement and exercise routines to your days- aerobic, strength training, flexibility training
- \_\_ **Nutrition, Supplements & Hydration** – Get great nutrition and hydration- reduce calories, eat clean
- \_\_ **Grooming & Hygiene** – Take care of your appearance and your health- expand skin care, detox +
- \_\_ **Relaxation & Mindfulness** – Embrace a recharging as a habit- mindfulness practice, intentional breaks

### 4 ~ Self-Connection and Radiance

- \_\_ **Fully knowing and accepting our personality parts** – Explore and expand your Personality Parts- do 8
- \_\_ **Having our own back** – Be aware of how your environment and situation impact you- address ruthlessly
- \_\_ **Being more present** – Embrace presence by removing distractions, being in the moment- be attuned
- \_\_ **Keeping our own company** – Cultivate Me Time to pursue enjoying and pleasing you- date yourself
- \_\_ **Nurturing ourselves** – Identify and pursue the things that give you joy- it's about the little things

2) Review your findings in the prior segment. Identify which Self-Love Component has the least activity and might need more attention and TLC.

Note: You might be very focused on one but still not getting the results you desire. In this case then this component is still identified as requiring attention.



## WORK IT

3) Explore how you'll expand your Practice in your identified Component: What changes do you need to make, what do you need to tweak, what do you need to eliminate or add, what do you need to play with and expand, etc... Touch on the Tactics provided, or on your own.

4) Identify a specific action you'll do immediately to uplevel your Self-Love Practice.



## WORK IT

### Process 3: Increasing your Allure Quotient™

Now that you have your foundation covered, you are ready to step up your game...

#### 1) Make a list of things that TURN YOU OFF...

- |     |      |
|-----|------|
| 1 - | 6 -  |
| 2 - | 7 -  |
| 3 - | 8 -  |
| 4 - | 9 -  |
| 5 - | 10 - |

and of when you turn yourself off, make yourself invisible, small, muted, numb...

- |     |      |
|-----|------|
| 1 - | 6 -  |
| 2 - | 7 -  |
| 3 - | 8 -  |
| 4 - | 9 -  |
| 5 - | 10 - |

#### 2) Make a list of interests, pursuits, activities, engagements and the like that are really fun and exciting, and make you feel Alive...

- |     |      |
|-----|------|
| 1 - | 6 -  |
| 2 - | 7 -  |
| 3 - | 8 -  |
| 4 - | 9 -  |
| 5 - | 10 - |

#### 3) Make a list of things that TURN YOU ON ...

- |     |      |
|-----|------|
| 1 - | 6 -  |
| 2 - | 7 -  |
| 3 - | 8 -  |
| 4 - | 9 -  |
| 5 - | 10 - |

and of how you turn yourself on, make yourself confident, sexy, seductive, desiring

- |     |      |
|-----|------|
| 1 - | 6 -  |
| 2 - | 7 -  |
| 3 - | 8 -  |
| 4 - | 9 -  |
| 5 - | 10 - |





## WORK IT

4) Make a list of things that you want to play with, experiment with, explore, try, etc. when it comes to self-pleasure, eroticism, and physical intimacy...

1 -  
2 -  
3 -  
4 -  
5 -

6 -  
7 -  
8 -  
9 -  
10 -

5) Given the lists you generated, decide what will have the most impact in generating more energy, spark and allure in your life:

a. Stop entertaining, allowing or doing:

b. Exciting experiences and fun activities to map out into your calendar:

c. Exploring Sexiness Building Habits:

6) Review segment #5 and select which area needs the most attention right now. You might be super excited to jump to the more fun areas, but you might have to do so other cleaning and energizing first...

Identify a specific action you'll do immediately to increase your Allure Quotient



# INVESTING IN THE IN-BETWEEN

## ~ PART III ~

### INVESTING IN THE IN-BETWEEN

*Learn how to play with the Love-Desire Spectrum to create a strong, radiant and passionate relationship. Cultivate gorgeous love and desire with targeted investments. Start taking your relationship to the next level.*

Section A and B covered how to create Attachment Love and Passionate Love...

~ You invest in getting along with your partner, in your personal development and in nurturing and enriching your relationship.

~ You invest in owning your beauty, sensuality, attraction, libido, desire, sexuality and maybe even your kink.

As soon as you start investing in either of the above, you'll start noticing a shift in your relationship... **Remember that for Passionate Love to work the way you envision, Attachment Love also needs to be part of the equation...**

We are never done investing in evolving in either of the above. This is part of our Journey... Your relationship can only get as magnificent and vibrant as you allow it...

The key here is to consistently play with the Love-Desire Spectrum as you prefer in your relationship, and as its current state permits of course. Can't play with Passionate Love if you are not getting along and don't currently like each other much... If your relationship is struggling tending to Attachment Love first is necessary.

**NOTE:** Some relationships are all passion, but they are not usually safe or truly committed relationships... These relationships might not need investing in Passionate Love, but they also certainly need investing in Attachment Love...





## INVESTING IN THE IN-BETWEEN

The key is to always do your side of the work and to bring to your partner what is presently indicated. This means that we are very intentional about what we bring to The In-Between.

### **The In-Between has double meaning...**

- It is the overlap, or where we intersect, creating the relationship
- It is also the time in between the last physically intimate occurrence and the next one

Depending on the current state of your relationship, you'd focus more on one or the other side of the Spectrum to get your relationship to the next level. As your relationship gets better and better with the Attachment Love side, you can start investing more on the Passionate Love side. Eventually, you'd invest in maintaining a good balance between these so you maintain the security and yet you have a passionate relationship.





## WORK IT

In this Part we'll focus on nurturing and enticing your relationship, playing with the Love-Desire Spectrum, and generously and intentionally contributing to The In-Between.

### Process 1: Investing in creating your Epic Love Affair – Part1

1) Investing in your relationship and your partner is not rocket science, expensive or a hardship. It can actually be very simple, the main ingredients are commitment, intentionality and consistency...

Decide where you need to focus first, not what is fun and where you'd prefer- but where you would make the most impact in your relationship right now... Usually couples need a lot of work in the Attachment Love area... If this is you, that's totally fine. You won't be helping yourself if you skip ahead...

#### Depending on your focus, you'd bring that flavor to the work here:

If you are working on Attachment Love, you'd bring thoughts, feelings, behaviors, and essence related to Attachment Love to the exercises.

If you are working on Passionate Love, you'd bring thoughts, feelings, behaviors, and essence related to Passionate Love to the exercises. Work here does not mean that you don't continue to invest in Attachment Love... You don't want to throw yourself off!

If you are more advanced and are working on balancing Attachment Love and Passionate Love, you'd intentionally play on moving back-and-forth on the Love-Desire Spectrum to step things up a notch...

#### The In-Between:

**Relationship Build** - It is the overlap, or where we intersect, creating the relationship (requires nurturing)

**Passion Build** - It is also the time in between the last physically intimate occurrence and the next one (requires enticing)

>> Using the **Relationship Verbs™** list, appended at the end for your convenience, entice and/or nurture your relationship with corresponding relationship verbs...



## WORK IT

### Process 2: Investing in creating your Epic Love Affair – Part2

1) Given all the work you've done so far, identify what flavor of Nurturing you need to do, and what flavor of Enticing you'd like to do...

**Nurturing** – In this context we focus more on Element4, increasing connection, intimacy, and fun

**Enticing** – Expand the Foreplay Before Foreplay...

Describe what it would look and feel like once you uplevel this area:

Nurturing Flavor

Enticing Flavor



## WORK IT

2) From what you captured in the prior segment, identify the habits that are appealing to you right now:

### **Nurturing – Connection Habits™**

- ☐ Morning Coffee
- ☐ Mid-day Check-in
- ☐ Delight Partner
- ☐ Daily Debrief
- ☐ Meaningful Conversation
- ☐ Appreciation Session
- ☐ Couple Time
- ☐ Sexy Time
- ☐ Date Partner
- ☐ Fun Planning
- ☐ Visioning
- ☐ Relationship Enrichment Session
- ☐ Other \_\_\_\_\_
- ☐ Other \_\_\_\_\_
- ☐ Other \_\_\_\_\_

### **Enticing – Alluring Habits™**

- ☐ Erotic Reading
- ☐ Erotic Watching
- ☐ Sexy Shopping
- ☐ Sexy Research
- ☐ Tantric Meditation
- ☐ Self Pleasure
- ☐ Dress Up Stint
- ☐ Go Naked Surprise
- ☐ Sensual Bath Time
- ☐ Massage Gift
- ☐ Make Out Time
- ☐ Other Pleasure
- ☐ Other \_\_\_\_\_
- ☐ Other \_\_\_\_\_
- ☐ Other \_\_\_\_\_

3) Select 2 Habits from each list to integrate into your lifestyle immediately, keeping in mind the state of your relationship and what seems appropriate at this time. Don't worry, you can build on this...

If you are not on the Enticing phase yet, select 3 Habits instead from the Nurturing phase.

### **Nurturing – Connection Habits™**

- 1 -
- 2 -
- 3 -

### **Enticing – Alluring Habits™**

- 1 -
- 2 -





## WORK IT

### Process 3: Investing in creating your Epic Love Affair – Part3

1) This is where you get to move to the far end of the Love-Desire Spectrum... It is important to have a ton of safety already built into the relationship and a good intimate passionate rhythm before playing at this level... We'll ease into it and leave more advanced practices for other contexts...

**For now, have conversations to explore:**

- \_\_Additional preferences you might have
- \_\_What you are curious about
- \_\_What you are interested in
- \_\_Any kinks to entertain
- \_\_What else to play with
- \_\_Taking sexuality to the next level
- \_\_Transmutting sexual energy
- \_\_Non sexual orgasm

2) Have a discussion about your readiness to move further along the Spectrum... Discuss a plan of how to start doing that. What would be the first three things you'd do:

- 1 -
- 2 -
- 3 -

Decide when you'd start:

**HERE IS TO YOUR PASSIONATE RELATIONSHIP!**



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## Relationship Verbs List

# Help Your Relationship Flourish Embracing Relationship Verbs

*Being intentional about using Relationship Verbs, helps us invest in our relationship so not only does it not wither and die but actually thrives.*

Embrace Relationship Verbs to nurture your relationship:

### — A

- Accept
- Acknowledge
- Admire
- Adore
- Allure
- Apologize
- Appreciate
- Ask
- Attune
- Automate

### — B

- Bathe
- Bolster
- Build

### — C

- Captivate
- Caress
- Charm
- Cherish
- Collaborate
- Communicate
- Complement
- Compliment
- Connect
- Court
- Create
- Cuddle
- Cultivate

### — D

- Date
- Delegate
- Delight
- Discover
- Discuss

### — E

- Empathize
- Encourage
- Enjoy
- Enrapture
- Enrich
- Entice
- Envision
- Excite
- Experiment
- Explain
- Explore

### — F

- Fascinate
- Feed
- Flirt
- Forgive

### — G

- Gift
- Give
- Gratify

### — H

- Highlight
- Hope
- Hug

### — I

- Imagine
- Inspire
- Invite

### — J

- Jazz
- Jest
- Joke

### — K

- Kindle
- Kiss
- Know

### — L

- Let in
- Lick
- Limit
- Listen
- Love

### — M

- Map
- Massage
- Motivate

### — N

- Narrate
- Notice
- Nurture

### — O

- Offer
- Open up
- Organize
- Outsource
- Own

### — P

- Plan
- Play
- Please
- Praise
- Promise
- Propose

### — Q

- Quarry
- Quench
- Quote

### — R

- Receive
- Reflect
- Relax
- Respect

### — S

- Satisfy
- Savor
- Schedule
- Seduce
- Share
- Solicit
- Stretch
- Structure
- Support
- Surprise
- Sync
- Systematize

### — T

- Tend
- Thrill
- Touch
- Try

### — U

- Uncork
- Understand
- Unify
- Unplug
- Urge
- Usher

### — V

- Validate
- Venture
- Vow

### — W

- Wait
- Want
- Warm
- Wet
- Whoop
- Wish
- Wisper
- Woo
- Wow
- Write

### — X

- X-rate(d)

### — Y

- Yearn
- Yield

### — Z

- Zen



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