

Upgrade your boyfriend

How to turn your boyfriend into the man of your dreams in seven simple steps

By Magdalena Evanova

This book is a practical manual on how to improve your relationship by helping your man learn how to be a good partner without making him feel overly trapped. If it is true that you can't change your man's personality, it is also just as true that you can help him to change his behavior and attitude. If your man is very selfish when it comes to all life priorities or if his priorities are always more important than yours, then this is the time to start the training. To re-educate your man you need to present him with clear and direct options and steer him in the right direction with a gentle but strong touch. You will soon find out that he won't offer any resistance to any demand that he fully comprehends, if made in a way consistent with the laws of his nature.

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From chapter 1 -The ultimate question: change or upgrade your man?

Examine what you want to give and receive from your relationship

Every relationship is an exchange and this means that you have to be clear of what you are willing to give and what you seek to receive from our partner in order to be able to communicate it well without expecting him to understand it magically.

In principle, in every relationship one should be able to rely on one another in equal measure alternating moments in which one can have specific needs with moments where one needs to sacrifice something for the other person.

You may ask yourself a few questions: is my partner willing to sacrifice for me at any given moment? And, are we working together to figure out what is best for both, or does my partner simply expect me to change my life to accommodate his?

If your partner assumes that you are the one who must choose to sacrifice all the time, without taking any of the same responsibility himself, then you need to try to change his attitude.

Sometimes it can happen that if your partner isn't aware that you are making a sacrifice, he won't be able to appreciate your efforts. In addition, by not realizing that you are sacrificing for the sake of the relationship, your partner might not understand when you want him to do the same the next time a sacrifice on his part is needed.

What do men really want?

There are generally two things men in a long-term relationship want and these are sexual excitement and emotional and physical security or comfort.

In other words, men want their sexy, exciting and youthful lover and their mother in the same person.

You might think that this is unreasonable, and yet this is usually true and it can be proven by the fact that many men in long term relationships usually keep their wife at home (emotional security and physical comfort) and go out looking for an exciting young mistress (sexual excitement).

So how are you going to deal with these two seemingly opposite needs from you male partner? To start with, you must understand that most women have a wrong idea of what youthfulness, attractiveness and sexuality is, thinking that these attributes are only related with physical appearance.

Youthfulness is mostly an attitude, a state of being innocent and childlike, and this is something that stimulates men on a subconscious level. A youthful and carefree attitude can easily be learned and in fact it is a secret to long life and joyfulness in general.

Unfortunately most women are burned out by the obligations of family, children and an increasingly demanding society, and this has a very strong effect on how they perceive themselves and how men perceive them.

Being sexually attractive has also a lot to do with your inner attitude and the way you feel about yourself.

You can make yourself sexy anytime by taking on the right attitude, as within you, there is an attractive, playful, seductive side always waiting to express itself.

You can try to walk around in the house naked when you are alone and practice sexy poses in the mirror. This will help you start feeling more sexy and attractive on the subconscious level.

You might be surprised how quickly your habitual beliefs will change and how sexy you will begin to feel. Later in the book I will also explain how to use creative imagination and auto suggestions in order to change subconscious habitual beliefs.

On the pure physical level it's easy to maximize your physical attractiveness through small changes like a new haircut or a fancy new dress and lingerie or even a new kind of makeup.

Emphasize all the positive aspects of your relationship

In general most people think that in order to change a particular aspect of one's life (or relationship) one needs to concentrate, focus or emphasize all the negative details regarding that aspect, but in reality with this attitude one achieves the very opposite: one becomes even more dissatisfied and ends up with no change and a broken relationship. Instead, the right thing to do is to know exactly what you need to improve in your relationship through a clear and thorough analysis and discriminating awareness and, with the help of a positive attitude, start actively changing those very aspects using skillful methods.

At the same time you need to maintain a positive attitude and focus on the positive aspects that are already present in the relationship with a sense of appreciation and gratefulness.

There is a universal principle which is at work in our life that says that you will attract to you those people, events and experiences that match your state of being at any given moment. If this principle is true then it is better to focus and be grateful for the love, companionship and joy you have already experienced or you are experiencing in your life, since this will attract more of the same and less of any of the undesired aspects that you wish to change. One way to do this is to write a list of all the positive aspects of your past and present relationships and then write a list of all the aspects that you would like to change, and then possibly ask your partner to do the same. Then compare the lists and try to find a common ground on which to work together.

When you and your partner feel appreciated, then you will be more likely to appreciate all the things you do for each other.

One important point to remember is that no relationship is a waste of time, since even if it doesn't bring you the things you want at least it makes you realize all the things you do not want. With that awareness as a starting point you are able to change and improve your present or next relationship.

From chapter 2 -Dissuade him from expecting too much too soon or too often

Games

We usually value the things which we have to work hard to achieve and when we invest in something, we value it even more. There is always a middle ground between manipulating your behavior or playing games to be accepted by your man and being overly open and available to the point of complete selflessness.

When you do too much to please a man, you're not really placing a high value on yourself as he won't have to do much effort to be with you.

Instead, act unavailable, fill your life with fun and meaningful activities, and do not cancel any of these meaningful activities just because of him. If you have or even act as if you had a fulfilling life separate from him, you will automatically be seen as having a great value. In reality you are not playing these games to make him chase you, but you are simply forcing him to realize your true worth.

You are the prize

If you want your man to do the chasing instead of you fretting over him every time he leaves the house you need to start generating within yourself the feeling that you are a 'prize' and not just a 'useful companion'.

In order to do this you need to start by defining your strengths. What makes men want to be around you? What makes your man want to be with you? What are your unique qualities? Identify your positive attributes and write them down, describing what is so good about you. This can raise your self-esteem, and it can also help clarify what you can offer him in return.

After that, you need to identify the areas that you want to improve and make a list of these too.

You also need to start seeing yourself as 'a prize' in your mind's eye using creative visualization by imagining yourself and visualizing yourself as you wish yourself to be.

More methods that you can employ to improve your self esteem, including creative visualization will be discussed in chapter seven.

From chapter 3- Make him desire and especially satisfy you

Men and feelings

While your man might admit to loving his new car, his expensive watch or the latest tech item in his possession, he will never reveal his intimate feelings and emotions to you unless you find a way to unlock his heart and connect to him on an 'emotionally gentle' and non judgmental level.

One reason for that is because men don't like emotional intensity and emotional tension. The emotional drama that women like to instigate just pushes men away and makes them withdraw emotionally.

Another reason is that a man's sense of identity and self worth is generally more fragile than a woman's and his ego can feel easily threatened by an emotional outburst that he cannot control or rationalize.

This means that it is easy to set yourself up with having to deal with an emotionally weak man who will never be able to express himself properly unless you find a way to convince him that he can really trust you and that you are not there to judge him.

One way to do this is to reveal something about yourself that shows that you have as much trust in him as he has in you. If you find that he starts opening up, try to listen without judging him, then take a step forward and offer some positive feedback in return.

Another important advice is to try to let go of past grievances, avoid reminiscing about past hurts or the things he did wrong. True open communication requires the ability to remain in the present and to let go of the past no matter how painful it might have been. We must all learn to forgive and to let go.

The art of sexual satisfaction

This is the subject of a whole book and there is so much information out there already, so I will just touch a few essential points which you might find useful.

If your man needs help in bed, you need to tell him just what you want him to do and how to do it and he will be more than happy to please you in any possible way.

One way to kindle his sexual desire is to approach him during ovulation. According to a study published by the journal 'Psychological Science'¹, men smelling the shirts of women who were ovulating had higher testosterone levels than men who sniffed the shirts of non-ovulating women, suggesting that men are more drawn toward ovulating females.

Using toys can also help to encourage communication between you and your partner. If you are able to talk to him about how to engage with a particular toy, then you can more easily communicate your level of comfort and pleasure as you try out new positions.

Research also shows that the sunlight and summer high temperature is linked to increased female sex drive due to a rise of 'Melanocyte Stimulating Hormone' (MSH). This is therefore the perfect time of year to experiment in the art of sexual satisfaction by trying new ways to get the pleasure you deserve.

Establishing intimacy

Creating an intimate environment where you can express love and affection often involves moving in synchronicity with each other.

For example, you may reach for your drink at the same time or put the glasses back on the table together. Then this could progress into subconsciously shifting shopping bags together, turning your head to some outside event at the same time, or even simultaneously looking back at each other for approval or disappointment.

These are all good signs of a profound intimacy that also involves the subtle energetic level of both individuals. You can also create more intimacy by kissing with your eyes open and using synchronized breathing which involves placing a hand on your partner's heart to create an intimate energetic connection.

Other ways to create intimacy are, for example, touching while talking and gradually turning toward each other which can become a powerful aphrodisiac.

A fleeting and almost imperceptible brush of your hand while he passes you a glass of wine can also give him an indication that you want to establish an intimate connection which can end up in a romantic week end spent in bed.

How you respond to his touch will also become a big factor in whether the interaction continues or not, for example if he hands you the coat or the jacket and you slightly stiffen your shoulders, he can subconsciously interpret this as a rejection.

That's why you need to be aware of the kind of body signs you give in order not to instigate an opposite reaction than the one you are seeking to obtain.

From Chapter 4 - Reward and treat him on a random basis

Psychological rewards

Modern psychologists believe that there are mainly two reasons why people behave in a particular way and these are: either because of an intrinsic motivation, which could be a deep interest or an enjoyment in the activity they are performing, or because of an extrinsic motivation such as an external approval, to avoid disapproval or to obtain a particular reward of some kind.

In the first case (the intrinsic motivation) the reward comes from the activity itself, in the form of a feeling of accomplishment and achievement in the performance itself. An example of this could be the making of fine art, composing music, writing a book or even fixing an old car.

In the case of an extrinsic motivation, instead, the reward doesn't come from the love of the activity itself, but from the reward that follows the activity.

According to this view you can easily understand that if you ask your man to please you by performing activities which are not 'intrinsically' joyful for him you must promise to give him a kind of reward, and this reward should be on a random basis in order not to create too many expectations on his part.

Love and affection rewards

In general we feel physiologically more attracted to those people which in some way make us feel good, and to those that we find it satisfying and gratifying to be with.

Whenever we are attracted to those who make us feel good we produce the pleasure and reward neurotransmitter 'dopamine' which creates a sense of general well being and positive feelings.

Moreover, if a relationship gives us more reward and pleasure than stressful events, we will be willing to continue that relationship. Thus, even after that relationship ends, we may find ourselves drawn to people that remind us of that particular former partner.

It is also true to some people are strongly attached to painful relationships, but that has a lot to do with a lack of self esteem and fear of being abandoned than the actual pleasure of being with their partner.

In terms of reward, whenever we give love and affection as a reward, we reinforce the behavior preceding it, thus we create harmony and stability in the relationship.

Moreover, you can give as much love as your heart can handle but you must give it at the right time.

You should share your love and affection with your man after he has exercised, or anytime after he has changed an unwanted behavior into a particular behavior you asked him for, or whenever he has entered a calm and submissive state, as in those moments he will be in a state of general wellness, openness and receptivity.

Always try to talk with a friendly and relaxed tone and try to make your partner feel joyful and satisfied whenever he has accomplished something positive. On the other hand it is better not to share affection but gently ignore him when your man is possessive, dominant, aggressive, or whining as this kind of subtle 'approval' in the form of affection would reinforce these behaviors.

In a nutshell, try rewarding positive and constructive behaviors with love and affection and ignore any negative, destructive behaviors, and then assess any improvement achieved.

Sexual rewards

There is no doubt that oral sex is the best sexual reward when it comes to training your man. Any time he does something that you particularly approve, or treats you with a positive and constructive behavior then it is the time to give him a sexual reward. But it is very important to let him know either directly or indirectly the reason why you are treating with such a gift, so that a pattern can be established.

Eventually, he will start buying you flowers, planning romantic dates, and even washing your dishes with anticipation and eagerness.

From Chapter 5- Make him take care of his appearance and his personality

The three great rules of beauty

There are three great rules for beauty: the first is diet, the second is exercise, and the third is dressing up with style. The kind of beauty I refer to is the one that is active, doing, achieving, and working for some positive aim.

Hygiene is also important for romance as there is nothing worse than a partner that doesn't smell good to ruin a precious intimate moment.

Exercise

Moderate physical exercise is the key to a long, joyful and healthy life, as exercise increases the production of the 'feel good' neurotransmitters serotonin and dopamine by stimulating the sympathetic nervous system.

Doing sport or any physical activity together with your partner helps to develop a stronger sense of partnership and teamwork.

Exercise and physical activity is strongly correlated with good mental health, improved self esteem and physical performance.

Moderate and not strenuous physical activity has also been shown to increase the secretion of BDNF, a brain chemical responsible for the survival of existing neurons and the growth and differentiation of new neurons and synapses.

Movement and exercise increases breathing and heart rate so that more blood flows to the brain, enhancing energy production and waste removal.

A scientific study showed that physical exercise also stimulates the release of endorphins within approximately thirty minutes from the start of the activity. These endorphins tend to minimize any discomfort of the exercise itself and are even associated with a feeling of euphoria.

If your man is fit, joyful and even euphoric he will want to satisfy you and make you feel happy too, especially in bed he will have a longer resistance threshold and your sexual life will take a new sparkling direction.

Ambition and confidence

According to Edward Deci and Richard Ryan's 'Self Determination Theory' there are three innate needs that people have: the need to feel competent, the need to feel related or connected with others and the need to feel autonomous or self-determined.

The reason women gravitate toward men with successful careers is not necessarily because of the size of their bank accounts, but rather because their success is indicative of certain attractive personality traits such as: commitment, discipline, confidence and enthusiasm all of which are more likely to make a man a good partner.

If you are attracted to a successful, ambitious and confident man because you think that if you stick with him long enough you may find yourself in a life of luxury, you should also be aware that this type of reality will bring its own drawbacks.

A successful and wealthy man has usually worked hard to get where he is and he is likely to keep on working hard until he has the strength to do so which means that he will put his duties and his career before you. As a consequence of that he might not be able to give you the undivided attention you seek and he might not have much free time for shared recreational activities.

This kind of men usually have to spend a lot of time away from home on business trips which, on the one hand, might be positive for the relationship in order not to fall into boring routines and to create a feeling of desire and anticipation to see each other on his return, but, on the other hand, this also means that he may become emotionally unavailable, he may be unwilling to go on a vacation with you or even get away for a weekend break and even when you are on holiday he may keep checking his messages and receiving work phone calls.

This situation also entails that once you decide to have children together he might not be able to share some important experiences with you and your children.

All these important factors need to be taken in consideration if you want to have long term fulfilling relationship with an ambitious and successful man. You might want to sit down with him and talk about these issues and how they will affect you beforehand, and then try to find a common ground where both his career and your needs are equally met.

From chapter 6 - Make him commit to you

Building a 'sense of us'

It might seem obvious but a couple is formed by two people with their own needs, motivations, goals, interests, expectations and desires, and until in the couple prevail personal interests and selfish goals, however expressed, it will be difficult to go very far on the difficult journey of emotional growth, love and romance.

The goal that every couple wants to achieve, is possible if both partners are able to immediately create that magical 'sense of us' which is a deep feeling based on the sharing of all that creates and sustains an emotional bond which is fed continuously over time, without forgetting the importance of having a shared 'language code' to serve as a background to the relationship.

How do you concretely build a 'sense of us'? First, with the complicity which pervades even the smallest pleasant and emotionally charged act that marks your relationship, like traveling and going on holiday together, finding a nice restaurant, walking hand in hand, making love, cooking for each other and having meals together, and enjoying every moment of intimacy.

Second, by sharing the major life decisions to be taken together for the good of the couple, such as buying a home, finding a good job, raising the children, but also by facing the inevitable life difficulties, like the painful situations and the moments of suffering which accompany every relationship.

The 'sense of us' can become a powerful antidote to the emotional and relational stress, because it involves a 'mutual trust', an emotional dimension that will unite despite of anything that might happen, and in which everyone feels protected by a reassuring and calming 'us'.

Because of this newly found 'sense of us' you will be able to build the essential loving trust, which is pivotal in a relationship, and to release an extraordinary amount of positive energy that will strengthen the bond deeply, making it invulnerable to daily hardships and problems.

Establishing a shared project together

The main factor to consider in order to kindle the desire of commitment in your partner is the ability to help him identify with a common vision of purpose and plans for the future. In addition to the physical passion what other kind of passions and interests you and your partner share? What short and long time projects will keep you united? What spirit and mission in life do you have in common?

Without this kind of interpersonal 'glue', composed of a variety of common aspirations, values and mission for the future, inevitably there will be no reason to stay together as a couple in the game of life for a long time.

Shared values are very important in long term relationships. If you marry someone with values very different from yours, you are much more likely to face complex challenges in life as a couple.

This is true especially in the face of concrete differences such as culture and economic background where shared values and general outlook on life become very important in order to promote both the quality and the stability of a relationship.

You can start by making a list of your basic values and principles in areas like money, children, work, family and leisure and then share and discuss these values with your partner.

Keep learning about yourself and each other

Most of our important relationships, sooner or later, may become co-dependent due to our unhealed inner wounds and unresolved traumas.

Co-dependency means having dysfunctional behaviors in relationships such as inability of being alone, overwhelming desire for acceptance and affection from your partner, being dependent on your partner for your well being, taking responsibility for the life of your partner and often feeling guilty towards your partner.

Codependency is concomitant with states of low self esteem, fear, anxiety and shame and a general sense of disconnection from our healthy true healthy self, a sense of alienation from who we really are.

When we become co-dependent we stop learning about each other and instead become isolated into our limited view of ourselves and our partner. We may then start to misunderstand our partner messages and signals because we stop listening to each other. Active listening and cooperation, trying to understand each other's needs are all fundamental ingredients to reconcile the couple's communication.

Another fundamental ingredient of the process of learning about each other is to not to interrupt each other's communication. Interrupting someone before they have finished speaking is the habit of those who don't want to open themselves to communication with another person, let alone their partner.

Next time you find yourself in an argument or a conversation with your partner ask him to let you finish whatever you are saying, even if it may seem false or inaccurate from his point of view, and then give him the chance to reply and listen carefully to his side of the story before coming to any conclusion.

From chapter 7- Make him work things out with you

Self esteem and emotional abuse

According to a study on 'Gender Differences in Sources of Self-Esteem' published by the journal 'Social Psychology Quarterly'², women attach greater importance to reflected appraisals than men do, while men attach more importance to social comparisons than women do.

The main causes of low self esteem within relationships are usually connected with emotional or physical abuse experienced either in past or present relationships.

Emotional abuse can be expressed as physical or non-physical behaviors or attitudes used to control, intimidate, subjugate, demean, punish, or isolate the partner. Abusers tend to degrade, humiliate, or instil fear in their victim by using symbolic violence, such as raising their voice, slamming doors, kicking walls, and throwing objects.

All these behaviors can instil a sense of fear which can be expressed in the following ways:

- Fear of a possible conflict, for example 'I can't say that or he might get upset'.
- Fear of being left alone or being abandoned.
- Fear of failing or being judged as a failure like for example as having a failed relationship or marriage.
- Fear of losing the relationship altogether.
- Fear of financial problems.
- Fear of the threats becoming true.

If you find yourself subject to any of these kinds of fears it is probably because you don't have a very positive view of yourself and therefore you are stuck in an unfulfilling relationship. This, however, shouldn't worry you as most of us suffer from low self esteem and there are many ways to regain it.

A simple method to remember when things start to get tense or fearful is to breathe deeply because when we get anxious our body releases bio chemicals like adrenaline, noradrenalin and cortisol that turn it into a 'fight or flight' mode and the breathing starts to get short and shallow. This biological stress response affects our body and mind in a very negative way and it becomes very difficult to think straight.

Deep breathing will calm you down, help you concentrate, and give you a few extra seconds to think straight. To learn how to breathe properly you could take yoga or meditation classes. The next step is to regain your self esteem.

² *Gender Differences in Sources of Self-Esteem* Author(s): Michael L. Schwalbe and Clifford L. Staples
Source: *Social Psychology Quarterly*, Vol. 54, No. 2 (Jun., 1991), pp. 158-168

Insecurity and neediness

As we have already seen in chapter five, according to Edward Deci and Richard Ryan's 'Self Determination Theory' one of the three innate needs that people have is the need to feel autonomous or self-determined which is the opposite of insecurity and neediness.

Insecurity and neediness are really just two sides of the same coin and can be considered the two main obstacles to a successful relationship.

Insecurity is kind of feeling of not being comfortable with the image you have of yourself or the situation you are in. When you feel like this you start to act in a tentative, weak and unsure manner, saying things that are out of place in an attempt to get approval from your partner.

Here are a few signs of insecurity and neediness you need to be aware of:

- One obvious sign of insecurity is talking about negative things about men in general or especially about past partners or boyfriends.
- Another sign of insecurity is when you ask your partner to take decisions for you all the time. Men like when you decide what's going to happen and suggest that to them. If you are always asking 'what do you think I should do?' Or 'where shall we go tonight?' You will be seen as insecure. Much better is take decisions and then ask for his opinion about it.
- Arguing about everything is a clear demonstration that you are insecure and needy. You may be on the right side, but being overly argumentative is bad for your relationship and especially for your sex life.
- A sign of neediness is when you are always asking him to come along to every event including shopping. In this case it is better to ask a girlfriend to come with you and sooner than you think he will be the one asking to come along or meet up afterwards for a drink somewhere. In other words he will start to become worried about the fact that you are not so needy anymore.

Unfortunately men (and women) detect insecurity and neediness instantly and can easily start to manipulate the situation to their advantage so it is better not to give them the chance to do so by working on your levels of confidence and self esteem with the methods presented here, for example.

The art of asking the right questions

One of the most overlooked communication skills is how to formulate good questions.

Some people think that asking questions is a sign of weakness or curiosity in the affairs of others. Other people focus so much on what they want to say all the time that to formulate questions is something completely strange to their communication style.

On the other hand those who are skilled in the art of asking the right questions can achieve three main goals:

- Earn the right to be heard by their partner.
- Satisfy their partner's need for attention, thus establishing a closer relationship with him.
- Learn something new about themselves and their partner.

The ability to formulate good questions is not an innate gift and in fact anyone can learn how to ask effective questions.

The questions you address to your partner will be more effective if they reflect your true interests and your sensitivity to what is most appropriate to the particular circumstance. Using the right methods for asking questions is essential to get the desired response, but first you need to know exactly why you are asking that particular question. This is because every time you ask a question to your partner he will unconsciously wonder 'why does she want to know these things'?

If you are able to communicate your purpose in asking those questions even if it is just purely 'for information' you will be able to overcome many communication barriers. I give you some examples of different possible purposes of asking questions:

- 'I am interested in your opinion on a decision that I have to take' (reason for asking).
- 'When are you free to talk'? (Question).
- 'We are facing economic problems' (reason for asking).
- 'Do you really want to buy that item now'? (Question).

It is also good to ask open-ended questions that allow your partner to express himself fully about a certain issue, person or circumstance. For example, instead of asking: 'Did you enjoy the dinner that I have prepared' (closed question that requires an answer like yes or no) you could ask: 'How was the dinner tonight'?

Manage conflicts constructively

It is quite normal that partners that often get along fine, sooner or later will go through situations where their intentions, desires, needs or opinions are not in complete agreement.

For example, you would like your partner to spend more time with you and your children after work, but his needs, after coming back from work, are different since he is very tired and he would like to rest. Or he would like to go to the match on a Saturday afternoon while you would prefer if he came shopping with you.

In these simple examples you are simply facing a divergence, a diversity of views and wishes concerning a particular issue and these differences can either be resolved or give rise to a conflict.

In this case conflict refers to a divergence in which each person involved wants to impose his point of view without making concessions to the other person.

To work on the resolution of a conflict it is necessary first to dissolve the anger and the selfishness that often accompanies it by following these four simple steps:

- Define together what exactly is the problem, for example: 'Are you suggesting me that ...'
- Listen carefully and acknowledge his point of view even if you do not approve, for example: 'I recognize and understand what you are telling me ...'
- Give proof of your understanding of his feelings for example: 'I understand that you feel that way but ...'
- Give your point of view calmly and firmly for example: 'The way I see it is that ...'

These four steps will lay a solid foundation on which you can work to resolve or at least manage the conflict constructively and dissolve any anger associated with it.

Forgiveness

Learning how to forgive is an important tool for managing conflicts and achieving a joyful relationship. Unpleasant situations can easily hinder growth and a golden rule is to know how to forgive.

The ability to forgive comes from the awareness that everyone can make mistakes and that, therefore, no one is perfect. Sometimes this is not easy, especially when the reasons that led your partner to commit the mistake are severe enough to make you lose confidence in him.

Let's not get confused though, forgiveness is not forgetting or the removal of the wrong we have experienced, but the transformation of the negative into a lesson for the future, a learning step in the process of fulfilment.

Deciding to forgive a cheating partner, for example, can lead to a positive evolution of the couple if both individuals have the courage to talk in depth about the incident, questioning the motives that lead to it and the repercussions on the relationship.

It is also good not to take impulsive decisions but to communicate and try to solve the conflict as soon as possible, bearing in mind that knowing how to accept forgiveness without keeping the guilt is sometimes even more important than to knowing how to forgive. It is also essential that the one who has been forgiven reflects on of his or her mistakes and tries not to commit them again because only in this way the broken trust can be regained.

Forgive and stay healthy

Resentment is one of the most negative and destructive feelings in relationships. People who cannot find peace and are tormented every day by the aftermath of a disappointment will have problems in establishing future relationships and might even end up with the same problems over and over again.

Granting forgiveness does not necessarily make you weak and fragile, but on the contrary it can make you a stronger person, boost your self esteem and it can also greatly influence

your physical and mental health by improving your mood and energy levels and increasing the chances of a stable and loving relationship.

Forgiveness is sometimes the only option available in order to revive the stability of the relationship; it is an investment in one's life and a treasure for the future of true love.

Silence is sexy

Many people think of silence as awkward and uncomfortable, an indication of bad feeling or lack of proper communication, and this is indeed true sometimes.

But there is a different side to silence which can be a form of communication especially between two people that know each other well and are in a long term relationship.

This type of silence can become a way to work things out with your man without the need of exhausting explanations.

Non-verbal communication can sometimes be much more powerful than verbal communication. Messages you send using the body, the eyes, or the posture, can send powerful messages of how comfortable or uncomfortable you are with someone at any given moment.

The final goal of silent communication is to reach for a deeper level of intimacy where you can just 'be with each other' and where negative feelings about a particular issue are healed effortlessly and cannot compromise your relationship.

If you are able to just be with him and tap into this ongoing subtle healing energy, then you are able to work things out in a more harmonious way, and by doing this, you will find that a kind of sexual healing energy is evoked which you can use to cement your relationship with him.

Experience the power of silence, wear a nice dress, open a bottle of wine and let the negative energy dissolve and be transformed into healing positive sexual energy.

Manifest the relationship you want

No relationship is waste of time. If your relationship is not bringing you the things you want at least it is making you realize all the things you don't want from it. With that awareness as a starting point you are then able to manifest the relationship you do want.

Through the power of presence and awareness developed in meditation, training your man will become effortless, and with the aid of positive affirmations and creative imagination you will be able to strengthen your self esteem and self worth.

This will happen because if you change your ideas and beliefs at the subconscious level, somehow without any conscious struggle on your part, the conscious manifestation of your thoughts and actions will follow accordingly and gather the right circumstances for a more joyful life and a fulfilling relationship.

Within a relative short time you will start seeing small improvements and this will boost your confidence creating a positive self sustaining loop.

This positive outlook will also influence your social life, your working life and wealth and your general health too.

About the author

Magdalena Evanova was born in St. Petersburg, Russia. At the age of fourteen her family decided to relocate to London, UK. After completing her studies in the fields of complementary medicine and life coaching, she decided to move to India where she spent three years traveling and training in Hindu and Buddhist philosophy and meditation. Moved by the women's poor social conditions in many Indian areas, she started teaching and working on a voluntary basis in different villages. After spending three years travelling she decided to move back to London where she now lives and works.