



How to Have the Relationship You've Always Wanted

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You may have received “How to Have the Relationship You've Always Wanted” from one of your friends. We have made this publication free so people can send it to their friends. We would like to help as many women as we can to have the best relationship possible. We sincerely believe relationships are at the center of everything we do.

Let's take a moment to remember when your relationship was magical and you were completely in love. If you think back, you can remember a time when you were completely excited to be in love. When you were a little girl, you dreamed about the great adventure of falling in love. Let's (you and I) get ready to go on another grand adventure together. Let's go on this adventure to rekindle that flame of love again. To begin this adventure, let me share with you a few secrets about relationships.



Secrets of a Loving Relationship

1 *Secret Number One: Take Care Yourself*

When you initially entered into your relationship, you were hoping that you would be more fulfilled as a woman. ***The problem was that you started to feel less in the relationship instead of more.*** You began to feel less because you found yourself giving things up to be in the relationship. As it turns out, you can't love someone else if you don't love yourself first. If you love yourself, you will take care yourself. Treating others with love does not mean you blindly accept your man's behavior when he is oblivious to you and your feelings. ***Love means you are willing to fight for what you need in the relationship.***

Why is it difficult to fight for what you need in the relationship?

Ironically, it's because love is so important to you. Being emotionally let down in love leads to a confusing cascade of emotions. On one hand, you feel hurt and want to withdraw, while at the same time, you feel like something is wrong with you. You feel like you should love your man but you feel hurt and confused about why he doesn't love you better. You feel like there is something wrong with you and at the same time you feel angry that your man makes you feel that way. These hurtful feelings are easiest dealt with by just withdrawing from the situation. It's easier to withdraw than to keep trying and be disappointed.

Another reason we don't take better care of ourselves is that we are so busy taking care of everyone else, we forget to take care of ourselves. When time is short, the first thing to go is time for you. If you feel overwhelmed with everything you need to do, the feelings of frustration may lead to self-defeating behavior (low self-esteem, weight gain, or feelings of fatigue). Self-defeating behavior leads to more frustration, which in turn leads to more self-defeating behavior. To avoid this cycle, you will need to take better care of yourself. **A few of the upcoming secrets will help you learn how to take better care of you.**

2 ***Secret Number Two: How Do You Train Your Man?***

If you are going to have your needs better met in a relationship, you are going to have to learn how to train your man. The best time, and the only time, to train your man is when things are calm. You should never try to train your man right after a disappointing incident. It is essential to train your man in a neutral environment. This is difficult to do because it's easy to let sleeping dogs lie. However, if you want to feel good about the relationship, you are probably going to have to train that guy. Get the whip and chair out ladies! Just kidding.

So, how do you train your man? Dogs are easy to train. For dogs, all you have to do is give them a few dog biscuits and pat them on the head when they do something right. Guys are a little more difficult, because you are changing their basic thinking patterns.



Here's an example of how to train your man: Let's say you want to go to a romantic movie with your guy. This can be very disappointing if you don't train your man first. Before you even ask about going to the movie, you need to have a discussion about how you like watching romantic movies and how it makes you feel if he puts the movie down or makes fun of your feelings. In the discussion, you could explain that this is important to you and you are sure he will respect your feelings. In the discussion, you can talk about how it makes you feel when guys dismiss women's feelings as foolish. How many of us have had a discussion like this before we even ask about going to the movie? The problem is that we wait to have this discussion (if we have it all) after our guy has already offended us by making a joke about our feminine emotions. If you wait until after he has hurt your feelings, he will become defensive and you will

3 *Secret Number Three: How to Control Your Emotional Thoughts*

It can be difficult to control your emotional responses because they feel like they just happen and are out of your control. Sometimes a small incident can lead to some very negative feelings. As an example, let's say that your man frequently does not put his dirty dishes in the dishwasher. A small incident can lead to some nasty thoughts similar to this: If you loved me, you would do a small thing like put your dishes away. Interestingly

enough, your partner may use the same logic. He might be saying to himself: If you loved me, you would get off my case about something as insignificant as putting a dish away. He also might be justifying his actions by saying to himself: What's the point of putting a dish away when I never put them in the right place anyway? The best way to control your negative thoughts is to do something about it rather than

withdraw. Don't react at the time. But at a later time, start a training program. **Your training program can be as simple as asking your man to help you put the dishes in the dishwasher right after eating.** You might have to do this several times before you've created a habit, but it's not hard to do. Some guys are slower than others. Each time he helps, don't forget to give him a hug and pat him on the head.

There are some internal thoughts that you might have that will interfere with your ability to successfully train your man. One common thought is that you feel you shouldn't have to do this. You might feel he's a big boy and should be able to do this on his own. The thought that you shouldn't have to do this can be a strong deterrent to making progress.

4 *Secret Number Four: Kids*



As if relationships weren't hard enough, let's throw kids in the mix. Kids are great but they can add some serious stress to any relationship. Men generally don't handle the stress of kids well. They tend to withdraw using sports, hunting or other guy interests as an escape. This will add to your overall feeling of frustration. As a woman, you naturally have a strong maternal instinct. You may feel everyone wants something from you and there just aren't enough of you to go around. At this point, you are going to

have to get clever about dragging your man out of his man cave. If you think he can handle it, you can use a sink or swim technique where you throw him in the water to see if he can swim.

You could leave for a couple of days to make the kids his responsibility. This could be a win-win situation. When you get back, everyone will appreciate you more and your husband will understand what it's like. If you want to start out in smaller steps, just leave for a short period of time or schedule an exercise class every week at a certain time. ***We girls have to learn how to take care of ourselves better.*** We are pretty good at taking care of everyone else, but often forget about ourselves.

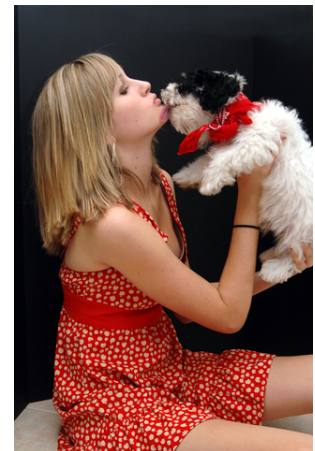
Date nights are a good idea, but how many women use them with regularity? It's all how you look at it. If you believe going on a date with your husband will be good for you, good for him and good for the children, you will be more likely to take time out for a date. I can hear you thinking. You might be thinking he won't want to spend the money. There are plenty of dates that are inexpensive. Going for a drive in the country, watching the sunset, playing tennis, playing darts, listening to music, going for a walk in a park and window shopping are just a few.

5 ***Secret Number 5: How to Find Some Good Dog Biscuits***

When looking for good "dog biscuits," sex probably comes to mind. Generally, sex is probably a pretty good dog biscuit for your man. However, there are others.

- He wants to feel appreciated and respected for who he is.
- He wants to feel that you love him and that you will stand by him.
- He wants to be your hero, but he doesn't know how and other guys have offered poor role models.

Here's the problem though: You aren't going to feel like handing out these dog biscuits until you feel good about your relationship. This is one of those circular problems. The answer is to use baby steps, one step at a time. Start out by training a specific behavior and then get out the dog biscuits.



6 ***Secret Number Six: How to Balance Everything***

Women have a lot to do and you are not going to feel like having a loving relationship if you feel you're doing all the work and not being appreciated. Maintaining balance is critical to your relationship. Everyone only has so much energy. If all your energy is going towards work, the kids and household chores, there is not going to be much left over. You may think that your man is

untrainable when it comes to helping with household chores, but you can do it. The first emotional response you have to get over before you can train your man is the feeling that it's just easier to do it yourself. In the short run, it probably is easier for you to do it yourself. But in the long run, you need to feel he is part of the team. As in any good training program, you need to identify a specific

behavior and work with that behavior. **You will not be successful at training your man unless you pinpoint a specific area you want him to help out with.** For example, keeping the house clean is not specific enough. However, saying that it is his responsibility to fix the meal every Monday and do the dishes on Monday is much more specific. When you get very specific about the task and put it in a weekly schedule, it is much easier to train your man. If your guy doesn't know how to cook, give him a few basic recipes and a few cooking tips.

Balancing work and play is something most of us could improve on.

If you never do anything fun with your man, the relationship will end up being one of convenience. I know what you're thinking. You're thinking I barely have time to fit everything in now. The real problem isn't time. The real problem is that your man hasn't been trained. For example, I'm sure you would have time for him to rub your back and comb your hair. However, this isn't going to happen unless you get the brush and put it in his hand. Start out small and you will see big changes over time. Every woman deserves to be loved well. To help you train your man, we have developed a weekly e-mail (Tweak-a-Week) that will go to your guy and another to you. The Tweak-a-Weeks are set

up so that your guy only has two assignments in a month. We have picked only two assignments in a month to assure that the most difficult guy will cooperate. The program is specifically designed to deal with guys who you would think would never do anything like this! ***The Tweak-a-Weeks will transform your relationship into the relationship you have always wanted.*** To make sure that the program is available to as many women as possible, we have set the cost at three dollars a month. For three dollars a month, how could you possibly go wrong?

Our mission is to help your man love you better.

If you enjoyed this guide, you can get more great information at <http://www.mymantraining.com>.

Check out our [Tweak a Week newsletter](#) where we give you and/or your man a weekly tweak to help keep your relationship on track.

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