

The Magic in You

**Effective Strategies for a
Successful Relationship**

How to Choose a Lifetime Partner

What is a Relationship?

How to properly handle a relationship

Where to find true love

Sex, Passion and Intimacy

10 Important Qualities and Character Traits

The Dynamics of Change

By Ruben H Lujan Sr.

YourFriendsDate Edition

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Thank you for downloading YourFriendsDate app. Meeting the right new people without any reliable help or introduction can be a difficult task which involves a lot of unknowns, risk, trial and error, work, money and in many cases disappointment.

YourFriendsDate app was designed to help people meet the right person through a friend who truly knows both persons being introduced and providing information about each other to get things going. Most successful relationships are a direct result of an introduction from a friend or family member. It is up to you to make the final decision. If you are introducing 2 of your friends, you are doing a good service to them by choosing who you think will be compatible. If you have been introduced, be honest, genuine and trust yourself to be who you are and if necessary be willing to change to be the best you can be. Everybody needs a little help and a push from a well-intentioned friend!

Why The Magic in You

This book is all about you and your relationships. It is about what makes a relationship work and why a relationship ends. In this book I will show you how you can develop the right kind of relationship you will be happy with, how to keep it and maintain it. Most importantly, to find The Magic in You! We live in a world that has lost direction and the understanding of true values. Values which solidify and maintain the right relationships between people. We live in a fast food world. We live in a fast and easy results culture to everything we do. Knowledge increases and becomes more readily and easily available. Our expectation to get anything and everything quickly is fused into our culture. Many people do not understand the enormous potential individuals have to make others happy and at the same time being enormously happy and fulfilled themselves. If people stop thinking of getting and focusing more on giving of themselves unselfishly in the right way, things in their lives and in the world would be much better.

The same goes for romantic relationships. People want to have them fast and easy, with no work, no strings attached or consideration to the needs of the other. It is all about “me first”. The get way of life and the “me first” way of life is not the way to have a happy and prosperous relationship. That is the reason I write this book. It is to make you aware

that you have the power to change everything in your favor. To change your focus from getting, to one of giving. It starts with **giving** yourself the opportunity to develop the right qualities and character traits that will make you wanted and desirable. It will make you the kind of person your partner will never ever want to be without. It is up to you and it is all within your grasp to accomplish your dreams of love and happiness, to make others abundantly happy through The Magic in You!

Ruben H Lujan Sr.

Introduction

This book is about love and magic in your life, staying in love and sharing life with another **likeminded** person. This book will help guide you in selecting the right mate, what to look for in yourself and the other person. It will help you focus on what foundations you need to work at in yourself before a relationship begins, when you have started a relationship and what to look for when you move on to the dating period, the decision making process when considering formalizing the relationship to a higher level and even on to marriage. It will also guide you on how to keep alive the magic, passion, harmony and most of all the kind of love you need and desire for the rest of your life.

You may be looking to start a relationship or looking for someone to have a relationship with. You may have a relationship going already and thinking what will happen next. You may be in a long relationship or even married and are thinking something is lacking, missing or simply want to improve the relationship and learn more about how to please your partner and be happier.

You don't keep a happy relationship or harmonious marriage by riding on the initial emotional feelings of optimism, love and desire you had coming in to it.... You make a good and happy relationship happen by working at it. To have a happy relationship you need to work at it 7/24/365. If

motivated by selfless love, the work is a breeze and seemingly effortless. Love is the most powerful force in our human existence. People in love only want to see the good in the other person and is a wonderful time in your life. It stays that way until you slowly or even abruptly discover the person you were with was not all it seems or represented and windup being hurt or hurting someone. People put the best of themselves forward to attract a prospect and have a relationship. At this point, love and sex have very fine dividing lines if any at all. Physical and sexual attraction is definitely a very powerful first lead in to a relationship. Hopefully, the sparks of true love are ignited and a flame can be born out of this beginning. What you do after that, depends on how much you liked the person and what you are willing to do to stay together. I strongly recommend you do not have sex, since sex will confuse your judgment to properly evaluate your relationship. Sex can often be confused with love by the un-experienced or vulnerable. Even mature people get involved with the wrong person because they started having sex before a formal understanding and really getting to know the other person. It also can put you at risk of a whole series of consequences such as pregnancy, sexually transmitted diseases, HIV, other health issues, as well as feelings of deep regret. Sex is a very precious force in your body which should be valued and protected from misuse and abuse. There will be a time during that initial period, when you will start looking at the person without rose colored glasses and see the real content in character, personality, maturity and qualities the person

possesses for you to invest more time, emotion, money and other aspects of your life

For the sake of love, mankind has gone to war, countries conquered, mountains climbed, fortunes made and lost, the most inspirational music composed, the worst fears overcome, illness and pain endured and all manner of sacrifices made. So, if you find yourself feeling real love, you will promise to change, to do better, become a better person, stop drinking, stop smoking, give up all the negatives in your life and the other person will make the same promises. It can be done. People do change. People can change the course in their lives for the better. Love is a sentimental and very powerful emotion, but love is also action. Showing the other person your love in action is true love and not just the emotional part. Real change or action in yourself and the other person for the better in the development of the relationship shows the degree of commitment to make the relationship work and last.

I will explain in detail how to work at finding someone to have a true relationship, maintain the love, magic and excitement that get you into a lifelong contract of love, happiness and personal fulfillment, or if you would like to get married and plan on getting married, how to go about it and make sure you have the foundations for success.

When you decide to be with someone in a relationship or marry, it is full of optimism, love and willingness to never be apart and enjoy each other for the rest of your lives,

sharing happiness and wonder through life's incredible journey. The love, passion and desire that motivates you to live together and hopefully for the rest of your life with someone or within the marriage covenant, is like having a bright shining candle that lights the way magically. If the wax in the candle burns out, then the flame will stop. So it is very important to keep the light shining by making sure the flame always has the fuel it needs to burn and give off its precious light. You need to make sure you are always providing the fuel for your love to shine brightly. Love will always stay with you if you nurture it, feed it, protect it and give it the best of yourself abundantly. If you select or selected the right person, love will come back many times over in many different ways. You will make your partner or spouse happy and yourself as well. Your relationship will always have magic, passion and the excitement you want and need. You will never want to be separated and can't wait to be together and stay together always. Whether you are Jewish, Christian, Muslim, Buddhist, of any religious or a non-religious person, the principles for success in relationships remain the same if happiness, harmony and personal development and growth are in the picture.

For a long term relationship to prosper, you need to keep your commitment of love strong, show positive feelings to your spouse or partner, practice the ten qualities and character traits detailed below in this book with consistency. You need to have magic with the person you love. To achieve this long term, both must follow the undeniable truths that make a relationship work. Be honest with

yourself and pursue the best in you and your partner. Search out for yourself a person that will agree with you on the true values that lead to happiness and harmony in your relationship. Think how important it is to get it right and avoid having to go through the pain of learning the lessons too late. Choose the right likeminded partner and you will grow together in love, magic and happiness. You will still have the normal problems life throws at you, but they will all have solutions if you have the right foundation to love each other and stay together. Death is final and the end of it all, but the precious gift of life can produce in you an abundance of love to give and share.

Chapter 1

The Magic in You

Love and Magic are two elements that live well together. When you have love, you also want to have magic. Magic makes the love relationship more exciting and wonderful. The magic happens when you do special things for each other. You take special care of some aspects of the other person's needs, wants and desires. You are especially romantic and thoughtful. It is not about sex, but it will carry into your lovemaking causing it to be more romantic, meaningful and special. Having love and magic is a heightened awareness of your feelings and emotions. It is the way you express and manifest them between you. To have magic in your relationship, it may be that you bring flowers on any given day or get a special card for no other reason than to please your lover. You keep the magic alive in your relationship by expressed love which is love in action. Not just talk, but expressed love in action doing special things. Do special loving things that become your way of life in your daily living. People do things when they feel they are required to do so. To celebrate an anniversary or birthday is practically mandatory. But when there is no real reason or special date to do something, but you do for no reason other than loving and pleasing the other person, the effect is magic. It is a magical thing to see two people in a café, restaurant or walking on a sunny day holding hands and being affectionate with each other. Seeing their

expressions of love and affection is lovely. It is magical. You can have that always. Simply be magical in the way you express your love to your partner. Do the special unexpected things that will bring meaning and thoughtfulness to the love and affection you express. It is so easy and the payoff in contentment, love, passion, affection and appreciation is huge. The value you will bring into your relationship is enormous simply by doing these seemingly small things. The result will be continued happiness, joy and bliss in your relationship. With all of this said... you must be genuine in everything you do. Nobody is forcing you to do these things. You do it because you are motivated by love and the willingness to please and give love to the other person. The result is always Magic!

Think of how many ways you can say and express your love. Not just in words, although saying "I Love You" is powerful in its own right, but saying it at every opportunity. On any given moment, look into your partner's eyes and just say "I Love You". After talking on the phone before hanging up say it. Burn it into both your minds. Saying "I Love You" re-enforces the emotion in the brain. Yes, you can say it so many times that you may think it will become meaningless. If you express it with word only and no actions, it will be meaningless. You have to back it up with actions; actions that are beneficial and appreciated by your lover. Words can be very cheap... but when they are backed up with action, they do mean something and become very valuable. As an example, let's say I promise I will give you one million

dollars and I say that to you every day. But I never give you the money. No matter how much I say it, it will be meaningless unless I follow through. Back up the promise with the cash and suddenly my statement has a lot of meaning. Love is the same. It is priceless! Saying “I Love You” and backing it up with real actions of love makes it very valuable and meaningful. Do things for your partner. What have you done for the one you love lately? Cooking a meal is essential for someone to prepare in the home, but making the meal special and out of the ordinary by lighting some candles, aromatic fragrances, nice table arrangement and nice music, you have produced an event, not just a sit down dinner. It is conducive to having magic....and leads into other wonderful things like intimacy.

When you go to work and see a special card at a store, or a special something that you can bring home to show you were thinking of him or her, whichever the case, is very effective in creating magic. Calling during the day for no reason other than being affectionate, texting a sexy message and spicing things up so that when you see each other your love and emotions have intensified towards each other.

Say to your partner you want magic in your relationship. Declare it!

You want magic in your relationship. You want the excitement and emotional high it brings to you. You carry love and magic around with you as part of being in love. It is a component in your love state that you do not want to be without. It is the special sparkle in your relationship that

makes being in love much more exciting and beautiful. Magic needs to happen between the two of you and you both need to want it and declare magic continually and constantly. It will penetrate deep into your very existence and elevate your experience of love to a higher level.

“It is not length of life, but depth of life” quote by Ralph Waldo Emerson

You want magic in your relationship. The Magic is in you!

Chapter 2

WHAT IS A RELATIONSHIP?

The Encarta dictionary definition for *relationship* is “the connection between two or more people or groups and their involvement with one another, especially with regards to the way they behave towards and feel about one another”. Everybody or at least most everybody knows this and understands this. There is no excuse not to have a good relationship if you want it.

A relationship starts when you develop a bond with someone. There are many kinds of relationships. There are the kind you develop with God, parents, brothers, sisters, pets and the relationships you develop romantically.

All relationships have the same basic components or fundamentals for it to be a good relationship. They all require love or high esteem, loyalty, honesty, communication as well as other considerations depending on the circumstances surrounding the person or people involved. Different people have different needs. How to deal with them in order to maintain or develop a good relationship will depend in great part on their particular needs, character, personality and values.

In a romantic relationship, emotions play a very high degree of importance. The fundamentals are the same as with your

other regular relationships, but in a romantic relationship the demands are higher. You expect more and the other person also expects more from you. It is easier to hurt each other's feelings. You can bring enormous joy and happiness and on the other side of the coin, very miserable days when things don't go right.

For this reason, you must take very special care who you develop a relationship with, so you do not invest your emotions and feelings on someone who will not appreciate, value and regard them as precious. Once you meet a person you are attracted to, take your time to get to know the person before you commit or invest yourself emotionally. Once you develop strong feelings for that person, you have made yourself vulnerable. So be sure to take the time for the other person to show himself or herself worthy of your love and affection. Follow the suggestions in the next chapter “**The Dating Period**” to help and guide you.

It is very easy to get in to the wrong relationship. It is also not so easy to end a relationship; it is painful and unpleasant. It is also much easier to get married than to get divorced. If you have the right marriage partner it is wonderful; but if not, living with that person can be a nightmare.

I am Christina and uphold Christian principles and values. I am not a Buddhist, but it is also an old religion that many people practice. In all their contemplation and study of human behavior, Buddhists have made very valuable observations. A traditional Buddhist website

www.accesstoinsight.org in a section titled “Blinded by Emotions” states:

“When two people are in love, they tend to show only the best aspects of their nature and character to each other in order to project a good impression of themselves. Love is said to be blind and hence people in love tend to become completely oblivious of the darker side of each other's natures. In practice, each will try to highlight his or her sterling qualities to the other, and being so engrossed in love, they tend to accept each other at "face value" only. Each lover will not disclose the darker side of his or her nature for fear of losing the other. Any personal shortcomings are discreetly swept under the carpet, so to speak, so as not to jeopardize their chances of winning each other. People in love also tend to ignore their partner's faults thinking that they will be able to correct them after marriage, or that they can live with these faults, that ‘love will conquer all’.

However, after marriage, as the initial romantic mood wears off, the true nature of each other's character will be revealed. Then, much to the disappointment of both parties, the proverbial veil that had so far been concealing the innermost feelings of each partner is removed to expose the true nature of both partners. It is then that disillusion sets in".

So, be wise in your choice of partner, take your time, see him or her in their true color and not through rosy colored glasses. “Only fools rush in” is a truism. Met so many people that had great difficulty and expense to undo the mistake.

“Blinded by Emotions”
www.accesstoinsight.org

Chapter 3

THE DATING PERIOD

You have been dating for a good period of time and you feel this is the person who may “be the one”. You have passionate feelings of love and although you sometimes fight and argue, you make up and go on staying with each other and looking to a future together. During this period, it is essential you get to know as much about each other as



possible. Does he or she have any traumas growing up or has had traumatic events in life as an adult. Is he/she religious and how important is it? Is he/she hardworking or lazy, positive or negative? How he/she handles finances? Money is very important on how it is made and spent. You have seen him/her get angry and how sensitive the person is. You have seen how the person reacts under different circumstances and how he/she handles and resolves problems. You have to make sure the character of the person is in line with yours (compatible). If there are issues that are not acceptable, you can work together to change. Work on short term and long term changes to allow the relationship to improve and mature. Both of you need to be open and able to change your ways for the better to accommodate each other. These

changes are discussed and agreed to in a way that does not assume unrealistic expectations. You have to make sure the willingness to change is sincere and not just an empty promise with no measureable results. You need to be able to see the change in motion; not only in the other person, but most probably in yourself. You must realize there may be some issues that cannot be worked out and enable change. As an example, smoking, if one of you is a non-smoker it may be a problem accepting someone who insists on continuing to smoke. Many people promise to stop smoking and they may stop for a while, but will go back with any excuse. You have to be able to live with it if you go ahead with the relationship and upgrade it in to a permanent relationship or marriage. You will have to accept the fact that the person will smell of tobacco and tax the family budget with the cost of maintaining the habit. You and the children, if you have them around, will be exposed to second hand smoke and its possible consequences. This is what I mean; there could be other issues like alcohol, gambling, wondering eye (which may lead to extramarital affairs over time), drugs, overspending, too much jealousy, dysfunctional behavior, etc. These are important issues that need to be addressed, changed or stopped. Do not be afraid to confront them fearing you may lose the person. If the person is not willing to change or unable to change, it may destroy the love and desire to be together over time and a long lasting marital commitment may not be successful or severely undermined. Ending the relationship for marital

purposes may be necessary. If children are in the picture, the situation can be made worse.

It is very important that you meet his or her friends. They say “birds of a feather flock together”, and meeting his/her friends can tell you a lot about the person you are getting involved with. Meet the parents and family members if at all possible. Make sure you somehow find out their medical and psychological problems tactfully. These are not deal breakers, but it is important going in understanding the gene pool realities. These will affect your lives and the children you produce together, if you decide to have any. It will help determine what kind of health or life insurance you will want to carry in the future and many other financial and social aspects. It can change the course and outcome of your lives together. If the parents have cancer, diabetes, short lifespan, weight problems, high blood pressure, glaucoma, lose their hair early, etc., you need to know. These will affect your life in the future and your children. Knowledge is power and you can help your spouse by encouraging him/her to eat the right foods, exercise and develop the right habits in life, to avoid health and other problems in the future and enjoy a healthy long life together. Marriage is supposed to be a lifelong deal. So you want to make sure your spouse or partner stays in good shape and avoids health and mental problems. Anticipating as many problems as possible to avoid them altogether during both your lives is better than not doing anything and just waiting for them to happen.

Chapter 4

THE MONEY ISSUE

During your dating period, you will no doubt get to know the person you are dating in most areas of their personality I have referred to previously. Or at least that is what I am trying to have you do. One aspect I would like for you to pay close attention to is the handling of money. You need to see how money is being made, managed and spent. You also need to understand the money management habits you and your partner have in relation to both your money spending and management methods and habits. There are men that expect the woman to pay for her share of any expense they incur while dating. This includes, dining out, going to the movies, travel, hotels, vacations, etc. You have to make sure you are comfortable with the rules you establish to deal with these issues and expenses. Depending on each person's circumstances, financial matters will vary between couples. There are women who may be more financially capable to handle expenses related to the relationship than men and vice versa. It can be a delicate matter in the beginning to set up and agree on. These "negotiations", which can be very informal or very formal depending on a variety of circumstances, will be a very good indicator of the quality of the people involved in the relationship. That means that you as well as your prospective partner will detect aspects in the personality which will allow you to see deeper into each

other's character. Money issues can bring out the good and the bad in each other. Money may be hard to come by and is a coveted resource. Most people guard it fearlessly. You will be able to see if you or your partner have a love affair with money and do not want to part with it without special terms and conditions. It can be an ugly and unpleasant experience. If you are the one being ugly, think why. If your partner is stingy and ugly about it, think carefully if the relationship is worth dealing with a stingy, greedy individual who has difficulty being generous and has a permanent love



affair with money instead of you. You will be able to peer deeply into how he would handle money if you were to marry, have kids, do a family budget, deal with finances, etc. It will

allow you to know if you like what you see and what you would live with.

I have seen dating couples go out and the guy expect the lady to pay her share of the bill. This in cases where the man is perfectly able to pay for both. Historically speaking, the man in a family traditionally is the provider and the woman nests and takes care of the quality of home life and children. We live in a modern world, and things have changed. This change has come at a very high cost to our society. High divorce rates, children who grow up with no parents at home to direct their academic and moral character development. Many parents abdicate this responsibility to television, the

children's neighborhood friends and video games. In any case, traditionally the man provides love, safety, security and resources to take care of the woman and provide for a family. This is a fundamental principal since the beginning of mankind. The woman, should take good care of the man and all his physical and emotional needs by nurturing him as well as the children, keeping a tidy and organized home where all can live comfortably and well cared for. It is a team effort. Both have duties and obligations which they should discuss and agree on.

There are role responsibilities and also there can be a role reversal as we have seen in modern day life where a man stays home and the woman makes all or most of the money. Couples in a committed relationship have to have clear guidelines as to how things are going to work. You change the formula and things can go wrong if not careful. So, if you are a woman reading this book, look at the man's disposition to take on this responsibility and pay for dinner, movies and other miscellaneous dating expenses. If you live together, of course you both pull your weight and help each other. If she stays at home, she takes good care of the home and has meals and things ready when the man comes back from work. In the case where the roles in a permanent relationship or marriage are reversed, the same principles apply. If both of you work, share home responsibilities as well as financial responsibilities depending on each one's ability to earn. If married... all the money goes in to the

same pot and is managed and distributed based on a plan you both agreed to

Being wise with money is a virtue. Being generous with money and spending it with you is also a virtue. Money is a wonderful resource for good, but the love of money is the root of all evils. Make sure that when you are dealing with money issues, you are both well intentioned and not coming from an attitude of greed, selfishness and avaricious behavior.

Chapter 5

NOT REALLY SERIOUS JUST DATING AND HAVING FUN?

You are at a stage in life where you just want to meet people and not be serious about a relationship. Not really looking for a relationship, but you are looking for companionship and a fun person to go out with and have fun. This happens often after a break-up, divorce, or simply at a stage in life where your personal goals will not work well in a committed relationship. You may feel a relationship, if it gets too serious, will be more of a hassle and interfere with your current goals. You may be getting over a break-p, a divorce, pursuing a very demanding career or in school and need your whole mind to move on with things.



Having someone you get along with well and can be available for you when you have your breaks or time to just enjoy yourself with the opposite sex is the main reasons why you want to be with someone at this stage. It is still very important you get involved with the right person, even if it is not serious. In this stage in your life, it is a good idea to date many different kinds of people informally and not hook up with any one single person. It is better to have a good

variety of personal friends to date and have fun with. This does not mean that you will not become interested in one particular person you enjoy your time with the most. It may develop into a relationship. You are human and have emotions you know...so this will probably happen. If this is the case, it is important you both declare what your priorities and goals are. Try to establish a good understanding about your relationship so that you both know where you stand and that your priority is achieving your goal. Tell the person you will need help and understanding so none of you interfere with the goals and support each other. This will minimize hurt feelings, but may not totally avoid them for one of you or both of you. But, at least you were up front with it. The relationship may have to be secondary and once you achieve your goals if still together, you can discuss how to keep it going or simply end it and part as friends hopefully. It can become painful, especially if you have been seeing each other for a good period of time.

It is quite normal to want to be with someone. You may think you do not have time for someone in your life at this point, but sooner or later your emotions and innate desires to be with someone will kick in and coupled with meeting someone you feel is extraordinary, you will most likely succumb to the charm and attraction. The reason you feel like this is because you are normal. Some people say, "I don't want anybody in my life now" and really mean it. They will only hold out for a while until they meet someone by "accident" or are introduced by a friend or family

member. Then one thing will lead to the other. Stay cool and be up front in a sensitive and considerate way, it may be that the person is actually perfect for you. So do not burn your bridges. Treat everybody you meet with the same respect and consideration you would like for them to have with you. Establish clear rules for the relationship including the 10 qualities and character traits you would like to see in a person detailed above and later in this book. Do not overwhelm the person, since there is no person alive that embodies all these virtues one hundred percent. They will have various levels of them as you also do have them in different levels. The reason you want to find time to discuss these things is so you can both understand how you want to play the game of temporary “love” and companionship. Absolutely essential, no cheating allowed if you have an exclusive agreement. You really don’t have time for the grief it will bring if your partner is being disloyal, dishonest and disrespectful in the relationship. You really do not want to have to deal with these emotional issues as you pursue your goals. They will undermine your energy and the power you need to accomplish what is your very first priority... your stated goals. You want a relationship that is going to be conflict-free and stable. Hard to achieve, but if you do select the right person for a relationship and have a good agreement and understanding, it will be nice and a fun time. If the relationship becomes an impediment to your goals, simply ask your partner for time out and release the person to date other people. Make sure the reason is a legitimate

reason and not just wanting to dump the person. Be civil and honest. Have respect for his or her feelings and be tactful. I have seen people in a temporary relationship mislead each other or one of them be dating other people on the side in secret, having a sort of double life. That person is not only deceiving you, but most probably deceiving the other person as well. The person who does this has major character flaws and is best for you to move on as fast as possible. There is a definite character flaw issue here that you really do not have time to fix or help the person overcome. The reason you are accepting a temporary relationship is to have good quality companionship that plays by the rules you both agree to, with little or no grief. During a temporary relationship as with any relationship, you still have to practice the 10 qualities to live by in your life as well as your partner.

Chapter 6

BEING IN A COMMITTED RELATIONSHIP

Being in a committed relationship is not like being married. It is without the legal or religious authorities being involved by validating your relationship and your commitment. It may be you live separately or live together, but you still need to uphold the commitment and the rules you agreed upon to stay together. It is important to have the right kind of foundation since this kind of relationship is still very serious. It is essential to practice the qualities and character traits described in this book as part of your foundation and your understanding. You need to have rules if it is truly a committed exclusive relationship between both of you. Before you got to the “Permanent Phase” of your relationship, I hope you took the time to follow the dating period recommendations so as to minimize failure or error in your selection. You do not want to think you have a reliable relationship and possibly a permanent relationship to find out later you made a mistake. You need to judge the character of the person and make sure it is what you want. Your expectations are practically the same as a married couple, but without the marriage ceremony or life-long commitment. Therefore, you need to treat it seriously to avoid you getting hurt or taken advantage of. I personally believe marriage is a better way to solidify a relationship. There are more advantages to a relationship within the marriage frame. There are famous people who do have a

committed permanent relationship and even children together and are not married. One famous individual that comes to mind is Jonny Depp who has children with his partner and seem very happy. I read an article saying they may get married at some point for the sake of the children. Their relationship seemed very much established without the married part. Now we learn in the news, they have split up and is dating a younger woman. Some people find themselves very comfortable in a relationship and stay in it indefinitely without marriage. In the final analysis it is up to the individual couple to decide. I have seen married couples stay together for life and celebrate Golden Anniversaries. I do not have the same kind of information about couples who never got married and are still together after 50 years. There may very well be people who are not married and stayed together for very long periods of time in a committed relationship, but it is not commonly known. There is definitely more security within marriage to stay together than not married. Being committed is a very good first step before the big step of getting married. Time to really evaluate each other and find out if the commitment will hold and the common values that keep you together in love continue unchanged or if they do change, change for the better. There are a lot of statistics on divorce and remarriage showing people prefer marriage despite being married previously, divorced and then remarried. Most people prefer being married than not. Getting married requires a good and long enough committed relationship and courtship prior to marriage if marriage is your destination.

If you have chosen not to marry and be with someone in a permanent and exclusive relationship, you still need to have rules to protect yourselves, the relationship and your feelings. You need to trust the other person and both have the same goals, desires and responsibilities as a couple just like married people do. Some of the responsibilities may differ depending on a variety of circumstances, but the responsibilities related to the behavior in the relationship need to be the same as in a marriage in order for you to have a true long lasting, harmonious and happy relationship with love and magic.

Chapter 7

DIFFICULTIES IN THE RELATIONSHIP

Most difficulties in a relationship happen because one or both neglect to do their part. Remember the wheel turns because all of the components are working together to move forward. Everybody at some time has difficulties and problems. If one area of the relationship has difficulties and problems, you can certainly fix it. You can discuss the problems and look for a reasonable solution. The reason you are both together is because you love each other and want the relationship to work. No problem between you should be bigger than your determination to be together if that is what you really want. You need to address problems and fix them as they come up as soon as possible. Don't wait to have too many unsolved difficulties and problems where you are overwhelmed and put the relationship in jeopardy. It is a common mistake to sweep problems under the carpet and pretend they are not there. This is a journey and you need to support each other through all that life brings to you; the good and the bad. You need to be nurturing the relationship between you continually since it is love that glues everything together. The axis on the wheel turns because all the parts come together with you in the center as the axis and love is the power that gives the strength and the power to move forward. Work on your relationship. Let love strengthen your resolve to improve the relationship. Take a break from your problems and concentrate on expressive, active love

between you. The difficulties will be solved. Only death is a problem. Death is the only non-solvable problem once it occurs. Death unfortunately causes the relationship or partnership to end. It has no solution once it happens. You only have the memories that will live in your heart. Everything else has a solution unless one of you or both do not want to solve it or change. That is why the love and the relationship have to be worked on to keep it strong and weather any storm. Look at people who lose everything due to a bad economy, war or natural calamities; couples who lose a son, a daughter or develop an illness and rely on the strength of their relationship to pull them through. That is why in marriage people promise – “to love and to cherish in sickness and in health, for richer or for poorer, until death do you part”. We all have seen successful cases and unsuccessful cases on both sides and the results. Some stay together and others don't. Why the difference? The difference is that some were prepared and their relationship or marriage was strong and lasted. Other couples had other priorities and the relationship dissolved. Other couples never really bothered to change by doing their part individually and as a couple to fix their problems. Sometimes people change in the wrong direction. A little unresolved issue here, a little issue there, unresolved over time causes a wedge that grows and develops attitudes and behavior that undermines love, harmony, unselfishness and all good things. It gets to the point where strong winds or a tempest hit and the problems overtake them. The love

foundation, the glue that held things together is not there and the relationship or marriage falls apart.

I know this first hand in that if I had not applied the right principles and set the right foundation in my own relationship and marriage, it would have been very difficult and impossible to bear. I had 5 children with my lovely first wife who at 35 developed breast cancer. Our marriage was very strong and good. She died at 45 of the cancer. Every year the cancer came back in spite of treatment. The cancer became more difficult to combat every year. On the 7th year, it was taking up about 30% of my work day to assist her with treatments and doctor visits. On the 8th year and 9th year it was 50% of my work day and most of the time we were together I spent attending and helping her. I did it out of love and my sense of duty as a husband. She was such an amazing example to me and my children of strength, faith and love. She was the most loyal and loving person you could ever meet. She was giving and unselfish and would do everything she could for others; even when her bones were breaking due to metastasis of the cancer inside her bones thus splitting them up. Incredibly painful for which she had to take morphine several times a day. It was all very hard for her and demanding on me and my children. My children were all very positive and believed whole heartedly she could not die. She believed in God and had great faith. She was a wonderful loving person and great example of a fantastic mother and wife. How could such a tragedy happen to her and for her to die? How could this happen to our

family? Our children could not imagine or wanted to even think she would ever die. The last year of her life was very tough for all of us. Mostly for her, therefore I should not even complain what our family personally endured. I could not compare in any way how we felt to what she had to endure. But what she and I endured as a couple was made possible by the love we had for each other. A love that grew and resulted from years of expressed love, affection and unselfishness. The marriage and our relationship were the most important things and we both took care to nurture, protect and develop our own character to where we would be able to endure anything life sent our way. During the different treatments at doctor's offices, we met many people; men and women whose spouse had left them because they could not deal with the demands of the illness and the situation. We could not believe it, even though we knew the difficulties and problems that needed to be dealt with; not to say the incredible financial burden. The cost of paying for all the treatments and medications. The health insurance policy we canceled early due to the fact the insurance company kept raising the premiums until they became unsustainable. So we did what we could. Negotiated with doctors, had treatments outside the country, whatever we needed to do to have the treatments and surgeries she needed done. She died after putting on an incredible fight. This fight lasted ten years. Our master bedroom in the last 6 months or so looked like a hospital room with drips, oxygen, medication, etc. She lived with the illness for 10 years from age 35 to just three months before her 45th birthday. As she

was lying in bed with her eyes closed in the hospital on her last day... I said holding her hand tight... Ana I love you... and she moved her head slowly as in acknowledging and returning her love to me. It was a beautiful moment, but filled with incredible pain, sadness and regret for her leaving. There was nothing more we could do. We had to accept God's will and let things take their course. She died soon after. I felt an immense and irreplaceable loss of my best friend, lover, mother of our 5 children and participant in all our ups and downs; my constant support and love that lasted 1 month short of our 25th wedding anniversary... I felt she was not in pain anymore and at peace. She died very strong in her faith in God which was a great comfort to all of our family.

I hope none of you have to go through that ever, but unfortunately things of different sorts will happen in our lives. You have to build yourself up and help your partner build him or herself up to weather any storm, any difficulties. Do not create difficulties for yourselves by ignoring your shortcomings and negative character traits and not doing anything to change and improve. Help each other. Pull each other out of difficulties with love, affection, kindness, compassion and consideration. Discuss your difficulties and manage your problems together to find solutions. Death is final; everything else has a solution or a way to handle it without destroying the good things you have. Always be patient and loving with each other. Both of you need to

understand that you need to live by the same rules governed by love.

Today, I am thankful I have been able to remarry to a wonderful woman. We enjoy all the benefits of applying the qualities and character traits in the right balance. This has allowed us to have a loving and magical marriage. We are still finding new ways of applying these principles as we grow older. She is an incredible support and help in all aspects of my life as I am in hers.

One of the major causes of problems in a relationship is suspicion and mistrust. A good relationship and a good Marriage is a blessing but many people make it a curse due to lack of understanding.

Both man and woman should show implicit trust for one another and try not to have secrets between each other. Secrets create suspicion, suspicion leads to mistrust and jealousy, jealousy generates anger, anger causes enmity and enmity may result in separation. The end of the relationship. If a couple can share pain and pleasure in their day-to-day life, they can console each other and minimize their grievances. Thus, the man or woman should not expect to experience only pleasure. There will be a lot of painful, miserable experiences that they will have to face. They must have the strong will power to reduce their burdens and misunderstandings. Discussing mutual problems will bring better understanding between each other.

The Man and the woman need the comfort each other when facing problems and difficulties. The weight of the problems, feelings of insecurity and unrest will disappear

and life will be more meaningful, happy and interesting if there is someone who is willing to share another's burden.

Chapter 8

SUPPORTING YOUR PARTNER DURING PERSONAL DIFFICULTY

We all need help at different times during our lifetime. During a relationship, helping each other and encouraging each other during difficult times is essential and a great benefit of having a partner who loves you.

During your lifetime there will be times when you or your partner will have to deal with job loss, career changes, illness, family problems, deaths, etc. Having a strong relationship is essential to be able to deal with whatever life throws at you.

There are many examples of people whose partner falls ill and this causes tremendous pressure on the relationship. Chronic illnesses like cancer which is so prevalent, heart attacks, embolisms, dementia, all these require both to be very supportive. The love you have for each other will carry you through these difficulties.

Losing a job in some cases can cause the loss of the home. It is very discouraging for any person to go through that. Self-esteem and feelings of failure and worthlessness can set in and strain the relationship. If you have worked on the foundational principles of the relationship, you will be able to handle the stress caused by these events. This is the time to be supportive and encourage each other. To think outside

the box with suggestions, researching options for new jobs, new career, whatever may be a workable option. Keep close to your partner and find time to get away from the problems. Go on walks, to the beach, museums, etc. Find distractions to refresh and clear the mind for new ideas and sources of support. You are a team. Do not put blame on anybody. Always think positively. There is always a better day that will come along and things will be OK. What is very important is your relationship; do not undermine it because of life's difficulties.

Stay strong with each other. I know of a very hard working individual who became very depressed with his job. He dreaded having to go to work. The circumstances at work became for him exceedingly stressful and depressing. His wife naturally saw what was happening and tried to help. They decided he would quit his job and she would get a job to try and replace his income. He wound up staying home for one year. His wife took up the slack and supported him 100%. He was able to get some counseling and work the issues through which were causing his depression and was able to go back to work. His wife kept working on a part-time basis and today is very happy. Their home life is very stable and harmonious. The husband is working full time, the wife part-time and she wound up getting pregnant. They now have a lovely little girl. This couple had a very strong and healthy relationship. They would not have made it through if she was not willing to do what was necessary to help him. If their relationship had not been strong, a blame

game could have ensued causing arguments, fights and divorce. His psychological problems would have remained unresolved. They would have become another statistic of divorce.

During the period of my first wife's fight with cancer, I met people telling me stories of how they divorced because their former partner in their relationship or marriage simply walked away. At a time when a person most needs help and support from their partner, it is absolutely shameful for the partner to run out. These may be extreme cases, but this is what happens in real life when the bond and foundation is not continually exercised and strengthened between you. Love needs to be expressed with action. Action within the context of a relationship and especially in a marriage relationship consists of the basic **10 Qualities and Character Traits** which are practiced and exercised between you continually.

Chapter 9

DEALING WITH JEALOUSY

Jealousy can be a very destructive emotion. It manifests in a relationship only as a result of lack of confidence and trust. A person in a relationship will tend to be very protective of the relationship which is normal and good. You need to protect the relationship staying away from anything that could harm or disrupt the relationship. There are definite dangers out there you must be watching out for. Hopefully, if you have developed a good understanding with your partner or spouse about what is acceptable and what is not, you will have very little to be jealous about. If you are loyal and committed to each other you will trust each other. Nothing and nobody should come between you or give cause for jealousy.

If you do become jealous for a good reason, it is important to discuss it and both be aware of what is causing the jealousy. It may be innocent occurrence and not a big deal, but it does cause a lot of grief to experience jealousy. The cause must be stopped so it does not bring you problems again. It may be a little thing for you or your partner, but jealousy can make it a very big deal. It is a horrible feeling to experience jealousy since it can lead to something or someone coming between you. Jealousy is a protective

reaction. It is a strong objection to something perceived as dangerous to the relationship. Acts of jealousy usually have to do with you or your partner having contact with the opposite sex under conditions that can be construed as leading to romantic or sexual involvement with someone other than you. That is clear grounds for ending a relationship between the two original partners. It is not a pleasant feeling to experience jealousy and actually makes people feel miserable, hurt, angry and even physically sick! So how do you deal with it when it happens? Well, you need to face the problems straight, face to face and present your objections clearly. You want to be discussing the problem and not turn it into an argument. Not turning it in to an argument will be difficult because it is such a passionate subject when you bring up a jealousy issue. Try to stay calm, but be somewhat forceful in that you will not accept the behavior that caused the jealousy. You do have to consider that your case is a valid case and you are not just being jealous for no good reason. Many people with a former relationship, who may have pending issues with the former partner, may need to discuss children, property, or whatever. Under these circumstances, these should not be a cause for jealousy unless you clearly detect bad obvious behavior. My point is that you should not exaggerate anything that is not really an issue. Make sure you are looking at your issue properly. Do not be jealous of any children your partner may have from a previous relationship or marriage. If in the beginning you accepted past life circumstances, you need to now support any reasonable commitments or responsibilities

the person may have. You had enough time to find out everything about the person before getting yourself involved; so be reasonable, honest and sensible with yourself and your partner.

The best way to deal with jealousy is not to be jealous or have cause. You must work at establishing the rules of behavior from the beginning and what is acceptable and what is not. Do not agree to anything that is not OK with you and that you feel can lead to disloyalty or outside romantic opportunities. Guard your relationship by establishing a good understanding between you with the need for integrity, trust, loyalty and not do anything that undermines it. Contact with members of the opposite sex should be in a non-compromising way and on a very respectful basis. The bottom line on jealousy is that you both need to have the right character traits, the integrity to remain loyal, true to each other and not give cause to each other to be jealous.

Chapter 10

PASSION AND INTIMACY

This section deals with one of the most powerful subjects in this book. Sex!

Sex is the innate instinct all humans poses for the purpose of procreation and pleasure. Sex drives and motivates people to do incredible positive things as well as horrible crimes when distorted. For some reason in the development of people from a young age, the mental signals related to sex can get corrupted like in a bad computer program and very bad use and abuse can result.

I would like to address the positive force it is for a good relationship to flourish. I will deal with the emotional and relationship aspects related to sex and not technique since that is up to the couple to develop. I do want to say that you should have sex in a way that is positive and pleasurable and not include any kind of actions that may hurt or damage your body. The body is like a temple or a famous building of high value, you need to protect and maintain in good condition. Anything that damages the appearance, function and utility of the temple or building should not be done. Like the temple or a building, you need to maintain your body with

integrity, its intended proper function and utility since it is the place where your mind and soul reside and it is precious! Sex should not be something you experiment with or play with outside a true committed loving relationship. In the moral sense, it should be within the context of true love and marriage, although in these modern times, sex has become a part of most relationships outside marriage and even between people who are not in love or committed to each other.

Many people have a very intense sexual experience without being in love. If practiced with an unknown person and or without proper protection, it can lead to negative and devastating results such as pregnancy, HIV, venereal disease, emotional and other problems. There is risk and danger when practiced liberally and irresponsibly. It can be just a fun kind of experience and a way to share some intimate time with another person and feel good for a while, but it does have consequences of one kind or another. The feeling can carry itself for a good period of time as it is supposed to do since allot of mental, biological and physiological occurrences happen when you have sex. It is essential to maintain and propagate our species. It is extremely pleasurable since practically every single nerve in the body is connected and wired to sense the enormous surge in pleasure up to and when climax occurs.

It is this enormous surge in sexual pleasure that two people in love need to use to form deeper and stronger bonds

between them. It can unite two people in love in a very special way that ultimately leads to family and children. The sexual excitement and pleasure between two people in love starts from the moment they see each other. As more contact and interaction occurs, the underlying arousal level rises. It can continue during the day as you think about each other. Every touch, every caress, every kiss and act of love is replayed in the mind and contributes to the moment the two are re-united and move in to lovemaking. Lovemaking is much more than the mere sexual act. It is made up of the all-encompassing emotional and physical aspects in the relationship. Many people refer to “lovemaking” as the actual act itself. But the actual sex act is not “lovemaking” per se... just as sex during a rape is not “lovemaking” either. Lovemaking is between two loving individuals who actually care, nurture and have a real commitment to each other. The two have true feelings of love for each other; expressed love and commitment are part of the equation.

You can easily mistake sex for true love if you are inexperienced or naive. Some people like to deceive themselves and know this, but enjoy the fantastical high it can bring for a little while. They ride it for as long as possible until it finishes and are back to square one. It is such a feel good aspect of our being that people form incredibly strong attachments between themselves because of it. Some people more than others can be very hurtful. One person can discard the other without much consideration to feelings and emotions. Sex has a very strong connection to our emotions.

When sex is used to gratify the self without consideration to the other person, no matter the circumstances, it can cause great psychological damage, dissolution, emotional pain and hurt feelings. It is a tremendous physiological and psychological force with positive constructive capabilities or a tremendously destructive bomb that can cause havoc in the other person or both. That is why sex should only be practiced between two loving, caring individuals with the expectation and commitment for a future together. It is best when done within the marital context or permanent relationship.

When two people have sex together, it becomes very difficult to separate any sense of emotional independence, since interdependence with each other easily creates a sense of entitlement to each other. Sex is not something you can play with, have it and expect to simply walk away. Many people do, but deteriorate their character and become ever so difficult for them to find their way back to responsible conduct with someone in a permanent relationship and marriage. Old patterns and habits are difficult to break. You will need to work very hard with that person to break the old bad habits to move in to a monogamous permanent relationship that stays that way for the rest of your life.

Sex is a wonderful force that combined with passion and the right kind of love for your partner will bring forth happiness, joy and harmony. It will help solidify and affirm your relationship, willingness to change whatever you need to

change in your life. Sex can help change behavior to make the relationship the best it can be, allowing it to grow and mature, but must be had within the right context in a true loving and honest relationship.

Chapter 11

10 VITAL QUALITIES AND CHARACTER TRAITS

1. Be Loving
2. Be Honest & Faithful
3. Be Respectful
4. Be Kind & Selfless (Not Selfish)
5. Be Forgiving (Not Resentful)
6. Be Patient & Temperate with self-control
7. Be In control of yourself – Self Control
8. Be Loyal & Trustworthy
9. Be Sensitive and Considerate to the feelings of others
10. Be Willing to learn and change for the better

Are you asking yourself... does this person exist? The answer is No! The only one that did have all these qualities was killed and crucified. There were other people who lived and referred to as Saints who possessed higher or outstanding aspects of some of these qualities, and ironically suffered much for it. Only people with a combination of these qualities and virtues in different degrees exist. Some people have one quality greater than others and so on. We as individuals, tend to develop a balanced combination of these qualities and character traits to suit the society we live in and be able to survive and succeed.

It is up to the individual to work on each one of these qualities for himself and develop them to the degree the individual is able in his lifetime. At the same time, find compatibility with other likeminded people who uphold these same traits so they can both live by the same values and rules. If two people in love have different values and different rules to live by, no standard to measure against for improvement, the relationship will be unbalance and difficult to sustain. That is why people with the same religion seem to do better if they stay true to their religion. Their religion is the basis or standard for their basic conduct. What they do with what they know, the strength of their faith and belief, how willing they are to uphold the values and live by them together in love will determine their success.

All these qualities are aspects in our character and temperament that we work on our whole lives to develop. We only succeed partly, one step at a time, little by little and in many cases poorly or below our own expectations. But that is human nature and it is what we have to work with. You need to keep working at it. There is a spirit in man which helps us, inspires us and motivates us to achieve the best in us. Your desire to please and be with the one you love in a harmonious relationship is a great motivator. Work towards cultivating and practicing the 10 qualities and character traits in you. As you apply and practice them, your character and quality as a person will improve to the point that others around you will observe and appreciate. You start by being better yourself. Then you will attract a person that you can fall in love with, live with and agrees with you

in kind. Make sure you are being selective and look for quality in the person you allow in to your life.

The character traits detailed above, must be exercised in your life and especially in a relationship. In order for you to develop muscle in the gym, play a sport of any kind and become good at it, you need to practice it. You will not be good at the sport if you just watch it on TV. You will not develop great tone and body condition if you pay the gym membership every month and never go to the gym and actually exercise. The same holds true for the 10 qualities and character traits. You need to practice, exercise and develop them through practice. There are many more attributes, but they stem from these ten qualities. In order to develop these qualities and make them part of your character, you need to exercise them. You have to have patience for most everything you do. When you are standing in line for something, waiting for the train, a flight, for your luggage, a person to finish talking, for your food in a restaurant, etc. These are minor examples, but there are many situations you need to be patient with. You need to be patient with your lover, partner, husband, wife, son, brother, etc. Everybody's character is under construction. Some people work at improving it and others don't. Life has a way of correcting those who don't by suffering the consequences in their lives, their jobs, their relationships, etc. There are consequences for everything you do or not do. Therefore, do good, be good, be better and life will reward you. All these 10 qualities and characteristics filter in to all aspects in your

life and are especially important in a relationship for you to practice. I say this to myself as well as to you!

Once you have set these qualities and character traits as a basis in your relationship during the initial dating period, the "mold" which will define your life together will hopefully be set, and will serve as a foundation to move forward with the best chances for success.

Chapter 12

BE LOVING

Character Trait No. 1

There are many interpretations and meaning for love and many kinds of love. Many people relate to love as the human emotion that shows high regard, cherishes, appreciates, and has great fondness and affection for another person. Many of these feelings are interpreted as love, and felt towards parents, brothers, family, and friends. There is the kind of love (better identified as infatuation) expressed to people without even knowing them; like to famous people, such as singers, actors, etc. Also there is the kind of love you would show to God or some special being in your own faith and belief.

The Love I want to formally address here is the kind of passionate love you want to have towards your partner in a personal and permanent relationship. I address this emotion as a "Character Trait" because it has to be True and of quality. This also relates to Honesty as well. The kind of true love you really want is a love which includes all 10 Qualities and Character Traits. This kind of wonderful love can be consuming in a good way, powerful, passionate and very intimate and expressive. It may or may not incorporate sex, but in most cases it does. For true love to exist and grow it must be more than just a feeling. It needs to be

accompanied by positive expressive action. Love manifested not just by words, sex, passion and pleasure. It must be demonstrated with outgoing concerns, affection, care and unselfishness. Romantic Love must have real action behind it. You must put the action romantic love requires for it to explode with passion, excitement and enduring emotion. For love to be true love, it needs to have action. Love can end if you do not put the right content, if you do not attend to it every day and every night 24/7. Why is love so seemingly demanding? The reason is that love needs to be loved back in order for it to survive in a productive and healthy relationship. Just as life sustains life, love sustains love as well. There are persons who may fall in love with another person and that person does not know it and may be oblivious. In that case love may be unfulfilled and unsustainable. The person doing the loving will suffer and eventually give up and move on, unless the other person responds and returns the love. If you nurture the love in the right way during the dating period, the love will grow and mature to a permanent relationship. To make love work and passion flourish, both need to give all of themselves and the best of themselves in to it.

To keep the love and passion going, to keep the magic, you need to work at it. It will not feel like work because love is a powerful motivator and stimulator. The payoff is big. You need to do a lot of the same good things you did when you wanted to be together in the beginning. Continue

practicing **The 10 Qualities and Character Traits** I detailed earlier. Be the best you can be.

Love needs to be expressed with actions, not just words. Guys, send or bring flowers as often as possible. If money is an issue, get some nice wild flowers from a field and bring them home. Get a single flower from a flower shop. No need to spend a lot of money. It is all about showing and expressing love with positive actions. Giving of your self is priceless. A good and considerate thought put into action is precious. Be selfless in your love by giving of yourself completely.

Look forward to the special dates in your relationship and make a big deal about them. Talk with each other about the beginning of your relationship, the journey that brought you together. Celebrate everything you can together and spice up your lives at every opportunity. Girls, buy new and exciting lingerie; groom and dress nicely, decorate the bedroom or dining table. Both of you go out together to dinner, picnics; change your surroundings with mini getaways to local resorts or hotels. Send each other love cards even if it is not a special occasion. Every day is a special occasion. Touch each other in a loving way as often as possible with the promise of passion later that day or as soon as possible. Make foreplay not an activity for the bedroom only, but an activity to enjoy at every opportunity during the day. Foreplay can take many forms. It can be a romantic telephone call, a simple pat or caress on the back or the bottom, a tender kiss, a special glance or look between

each other. Nobody needs to see you doing these things when you are out if you do it discretely. It will increase lovemaking and passion when you get home. Your love together will grow and will never stop because you won't want it to. True Love is action, not just a feeling.

The definition of love according to Webster's Dictionary:

A feeling of strong attachment induced by that which delights or commands admiration; preeminent kindness or devotion to another; affection; tenderness, devoted attachment to, or tender or passionate affection for, one of the opposite sex.

Chapter 13

BE HONEST AND FAITHFUL **Character Trait No. 2**

An honest person is worth his weight in gold. Why? Because you can trust him with the gold! If the person is honest, you can trust what that person says and what he or she promises you. You can trust him/her if the person commits to having a relationship with you. You need to be honest, so when you tell somebody you love him/her, there will be no doubt. When you say anything... it is true and it matters. People can count on you. A person who is honest will not resort to lying, will always tell the truth and that is incredibly important and valuable. There are so many people who lie with no thought to what it is doing to themselves, their character and credibility. They also do not consider the problems the person being lied to may have to endure for trusting a lie. Individuals who are not honest do not realize the damage they do to their image and to other people. People will tell their friends about how they said this or that to get out of a situation or gain a certain advantage by lying. What they are doing is broadcasting how unreliable those people are. If there is something you do not want people to know, don't lie and simply keep quiet. You have the right to remain silent. You do not have to give account if it means lying. If you are an honest person, you will hate lying. If you hate lying, you will always try to do the right thing. Being honest and lying are not compatible at all.

Since you uphold honesty, and you hate lying, you will conduct yourself with rectitude and in a proper way which is a very desirable quality in any person. Honesty is a virtue, and nobody can say they never lie; but certainly you can be honest about it. Strive to be honest to the highest degree possible with yourself and with others; especially in a relationship with your partner or spouse. Your partner or spouse needs to know that you are true, dependable and sincere in what you say and do.

Honesty as part of your character, will elevate you in your relationship with your friends, with your family, will help in your job and people will rely on you whenever you commit or say something. It is difficult for some people to practice honesty because their social status or job situation seemingly forces them to bend the rules. It is a problem. Our society measures material success at most any cost. The down side is that it deteriorates the character of society and the individual. The short term gain vs. the long term consequences of dishonesty can be very destructive as seen in the various downturns of the economy; primarily caused by excessive greed and dishonesty in the banking industry with derivatives and real-estate meltdown in many countries. We can all see in magazines, newspapers and television how many people deceive their partners in their relationship and in a marriage. We can also read the consequences of this behavior.

In the short term and long term, Honesty is the way to go. You always pay the price when you are dishonest. It is a law of nature. You pay the price in many different ways. Sooner or later dishonest behavior catches up with you in one way or another. One very famous and celebrated case was that of Bernie Madoff who “made off” with about USD\$65 Billion Dollars he scammed from his investors. He kept his scam going for many years. Some say many years before 2002 when he was originally suspected of running the scam. They finally uncovered the scam and in 2010 he was sentence to prison for 150 years. All this caused a breakup of his family and caused the suicide of his son of 42 years of age. This case of dishonesty caused financial hardships on many people and personal family relationship disasters. There are many cases where a man or a woman commit themselves to a personal relationship and or in to marriage only to within a short period of time break the trust and go off on an affair. The relationship and the marriage wind up in the rocks. Honesty in a relationship and in a marriage need to be valued, respected and made an integral part of the relationship. You need to make sure that the person you will be with values the same things you do. Honesty being at the core and center of your love and commitment to each other. You both need to understand the consequences of dishonest behavior between you. You both need to realize how important it is in the beginning to agree on the Honesty of your commitment. Love at the very center of your relationship. You are both investing the most valuable

Chapter 14

BE RESPECTFUL **Character Trait No. 3**

If you want your relationship to always have harmony and last for a lifetime, you need to have respect for each other. What is respect? Respect in your relationship is the reverence, esteem and consideration you display toward the other person in your relationship as you interact and communicate. You should show respect to someone who is important, has special meaning to you and desire to maintain in high regard. It enables you to communicate in a civil manner with your partner and does not allow the relationship to degenerate when trying to settle differences. Respect also helps maintain good relations. Many people use bad language and cuss words during their conversations and that is not acceptable. It drags you both down in character, sets a very low level of behavior and undermines any sense of quality in your relationship. Communication between you needs to be respectful showing consideration and regard for each other. If you set good standards for yourselves, these standards of behavior and qualities will extend to the people you come in contact with at work, in the places you shop, with family, friends and neighbors. It will allow for the best in you to surface. Having respect between you and your partner is very important. It does not exclude familiarity and humor. But it does exclude dragging each other down by

calling each other names, bad language, physical violence or violence of any kind be that physical or psychological. You should always address each other with love, kindness and respect. It is the way that will lead you to a long, fruitful, harmonious and happy relationship.

I have seen so many great looking couples who started out very committed to each other, get married and soon start calling each other names, using four letter words and behaving miserably in private and in public; complaining to friends and family as well as revealing intimate details about the other's personal problems. When the relationship starts, respect has to be one of the important foundations. Respect protects the relationship from all kinds of personal negative issues and problems a couple needs to deal with. It keeps the issues and problems being dealt within in the proper context. Respect breeds in the relationship mutual esteem, admiration and high regard for each other. It is truly shameful to see a couple in a relationship demean themselves by misbehaving, offending and disregarding each other.

I am sure you have seen couples going at each other in a disrespectful way, fighting and using bad language. In many cases turning to violence and even murder. The prisons are full of people who lost respect for their partner and over time became violent with the partner. Respect is something you learn from your parents and if not from your parents from a good education. Many of the problems in our society derive

from people losing respect in themselves and others. There is no room for disrespect between people and least of all in your relationship.

The tabloids and newspapers are full of stories and reports of people being very disrespectful with each other or one partner to the other. Doing anything against your partner that undermines the person's character or person is disrespectful. Cheating on your partner in a relationship is disrespectful; not only disrespectful but disloyal, dishonest, selfish and inconsiderate. If the other person did it to you, you do not return the same in kind. You need to keep your integrity and good character traits intact! Never diminish yourself to the level of any other person who chooses to be lowly in character. There are ways to respond that do not diminish you or violate your character of who you are working to be. In other words, if the other person loses it... you stay calm and don't lose it yourself. Hopefully this kind of situation will not happen. But we are all human and there will be times when your character will be tested. Stay true to who you are and help the other person see the error of his/her ways by remaining calm and with dignity and humility. Do not escalate matters. When you find yourself in a situation where the other person is behaving badly, it is better to say you will not discuss anything until the person calms down. Hopefully the person will calm down and appreciate you staying cool and will probably apologize. I am assuming you selected a person to be within in the

relationship which upholds the same values as you. You need to keep being respectful and calm.

You probably have seen reported by the news media several cases where a very famous person is screaming inflammatory allegations and calling his wife all sorts of names using horrible language. That famous person has reduced himself to a very low level of human being. He is not only being very disrespectful to his wife or ex-wife, but he is being very disrespectful to himself. His moral character probably is much deteriorated for a number of reasons. None of them justify this kind of behavior. Imagine you being married to that kind of person who is pampered by fame, money and success in his business or career, but failing miserably in his personal life. He is dragging you down with him, or at least trying to drag you down as well. You must not let that happen to you. What good is it to make so much money and accomplish professional success if the person is miserable in his personal life? Life is a trip you only make once. Do you want to make that trip in a rollercoaster? Do you want to go through life and experience problems you can avoid? The person you choose to have a relationship with and especially in a marriage where you both decide to stay together for life has to be compatible with you in your goals, ideals and the kind of behavior you will have inside the relationship. One of those important foundations for you to have a great relationship is to have respect between you. At no time should you allow to lose respect with each other. With respect you will be able to talk

things out intelligently, settle any issue and stay in love together.

Chapter 15

SELFLESSNESS AND KIND

Character Trait No. 4

Selflessness in a relationship is the quality that makes you put the interests of your spouse or partner before your own. Selflessness also refers to you being unselfish and willing to sacrifice yourself for the interest of others. It may be a sense of altruism for a cause you want to support or for someone you love and want to protect and serve. Selflessness is a quality which enables a mother to serve her children, husband or partner. She will be unselfish and looking to sacrifice herself for the children's sake when the children are in need and for the family members in general.

To be selfless does not require you to give up what you want or need; it simply refers to you being sensitive for the needs of others. In the case of a relationship, it means you are giving of yourself as much as possible and to the extent that it benefits the relationship. You would do nothing to undermine the relationship by putting your interests first without considering the impact in the relationship.

If you want to go on a trip to an exotic location which requires you to spend money you do not have and your partner is against, you give up the idea of going on the trip. If you have the money but your partner or spouse is unable

to go, you should consider not making the trip and possibly postpone it to a time when you both can go. Selflessness also involves compromising in any given situation to allow your spouse or partner to benefit from your decision to do or not to do something.

Selflessness is about giving of yourself for the benefit of others.

A good way to develop selflessness is by participating in a cause. There are so many causes out there. Many of them are a lot of fun. You can also organize your own cause or benefit and get others involved in it. This kind of activity can be shared with your spouse or partner and will bring you closer together. Performing acts of charity, giving of your time, helping others are all part of the same manifestation of selflessness.

When you are resolving issues with your spouse or partner, decide to favor what is best for the relationship and not just what is best for you.

There are many examples of so many people performing selfless acts. Soldiers in the field of battle putting their lives in danger for the sake of another, people participating by the thousand's in marathon runs to raise money for medical research. I see people in hospitals, museums and public buildings donating their time to help run those institutions and provide services to the public. There are so many examples of selflessness, kindness and good will from people all around us. You have to do the same by starting at

home and in your relationship. Not keeping an account for what you do and comparing yourself to someone else who does less or does nothing at all. You serve and give as part of yourself without expecting anything back. There is a natural law which is “The Law of Natural Compensation”. This law causes you to receive what you deserve in life based on what you do or not do. We all pay for our mistakes in one way or another; we are also compensated for the things we do in one way or another. It is not necessarily in economic terms, but in other valuables such as family, love, happiness, health, wisdom and in many cases, yes, even money.

People who are selfless are not selfless because they want to get something, it is because they want to do good and help others. These people get a lot of benefits in life with this kind of virtue. When practiced within the marriage or a relationship, the payoff is happiness and harmony. If you are this way and your partner or spouse takes advantage of you, sooner or later your spouse or partner will suffer. Why? Because you will complain and things will not work favorably anymore. Change has to occur or the relationship will be out of balance. If out of balance, the relationship over time will end. Your partner and you have to be of one mind. That is why you need to get involved with the right person who will appreciate who you are and both of you have the same goals and uphold the same values. The foundation has to be there in both of you so that you both appreciate and value the character traits you are developing. You are

selfless and therefore you spouse or partner also has to be developing and practicing selflessness in the relationship. This will allow for the relationship to remain strong and balanced. You are both working towards the same qualities and character traits to be better people.

“Only a life lived for others is a life worthwhile” - Albert Einstein

“Everyone needs to be valued, everyone has the potential to give something back” - Princess Diana

Chapter 16

FORGIVENESS NOT BEING RESENTFUL Character Trait No. 5

The ability to forgive is essential in a relationship. Nobody is perfect and we can all miss the mark. Forgiveness is the act of pardoning somebody for a mistake or wrongdoing and the tendency to forgive offenses readily and easily.

We have the need for people to be able to pardon us when we do something we later regret. In your relationship you will have many ups and downs. Hopefully not too many downs and many, many positive experiences and successes. If you and your partner or spouse are implementing the 10 fundamental qualities and character traits in your lives, you will be able to resolve problems and issues favorably and forgive any actions that need understanding and forgiving. For forgiveness to work properly there has to be repentance and contrition about what went wrong. You or your partner need forgiveness otherwise you will not be able to move forward when one of you makes a mistake, offends or falls short in the relationship. Your disposition has to be with a willingness to forgive and vice versa. Where would we all be if we were not forgiven for something wrong we did? If you get a traffic ticket you can be forgiven by the judge for just cause or pay a fine. Problem solved. If you forget a

special date or an anniversary, what can you do? Sorry... and make it up with a bunch of flowers. These things may be trivial, but need forgiving. There are situations that may be very grave and serious and need time resolve... but in the final analysis you need to forgive. At the same time, re-evaluate if the offense causes distrust or some other kind of problem between you. Do you forgive and continue or do you forgive and move forward on your own? It all depends on the situation. But in any case, you need to forgive. Hopefully all offenses that may occur in your relationship are of a workable and forgiving nature. All the time and effort you have invested in the relationship makes it very valuable and you both can continue. That is why you need to discuss in the beginning what the rules and goals are. What is acceptable and what not and agree on the fundamentals of the relationship so you both stick to the plan. If any of you get sidetrack, you can come back and work it out. Always be ready to forgive, forget and change. Sincerity, remorse and repentance have to be part of the equation.

Chapter 17

BE PATIENT AND TEMPERATE WITH SELF CONTROL

Character Trait No. 06

In a relationship you must have patience. What is the meaning of patience?

Patience is the capacity for waiting and the ability to endure waiting, delay, or provocation without becoming annoyed or upset, or to persevere calmly when faced with difficulties.

The ability to continue doing something for a long time without losing interest, especially something difficult.

You had to have a lot of patience to find the special person you wanted to fall in love with. Either knowingly or not being totally aware, you were waiting and waiting until the day came when you found the one to love.

We are all traveling in our own particular time line. In your time-line of existence, you travel this journey of life and you learn by experience and by what you see, study or is taught to you. Some people progress at a faster pace than others. If you go on a walk in the country or participate in a race, you will see some people get to the destination faster than others. Be it because they are better walkers or runners, or because they are in better physical condition. In your relationship, one partner may be better prepared to meet the challenges and changes that need to be made to become a better person

and partner in a relationship. It often happens that two people meet and everything clicks perfectly and all seems to be wonderful and love grows. Both like what they see in each other and move on to formalize a relationship thinking of a future together. During the early period in your relationship, during your dating period, you will start discovering aspects of yourself and of your new loved one that will require patience and understanding. The other person will also discover sides of you that need to be dealt with patience. As long as both have the willingness to move forward and change for the better with regards to each other's faults, you will need to have patience. As your relationship prospers, there will always be issues that will come up where patience will save the day. How many people have you seen simply lose their patience with their boyfriend, girlfriend, husband or wife?

Patience is something you practice and exercise. The only way you will develop patience if you do not have it already, is by exercising it. When you find yourself in a situation where you have to wait and not like it very much, say to yourself, "this is my opportunity to be patient". When you see something happening you do not like but have to endure, tell yourself it is my opportunity to practice patience. As your relationship grows and prospers, things will never go 100% perfect in every situation. You will need to exercise patience so you are not panting with desperation and impatience. If you say, I have no patience... you will never have patience and will have difficulties with many situations

that will arise during your permanent relationship and in your marriage. When you lose your patience, you tend to say things that may hurt the person you love. It is better to be patient and discuss the problem that bugs you at the right time which is not when you are feeling impatient. We are all under construction and character development, no matter the age. It seems the older we get the more difficult to change and it is when we should have the most patience. You should make the effort to exercise patience so you can develop it. Patience is a virtue and one well worth the effort. It will allow you to be at ease and avoid arguments and complaints. Patience will allow you to pick your time to discuss issues by not blowing up with impatience and hurting the one you love or other people. Practicing being patient will also filter outwardly to your family, friends and colleagues at work. It will allow you to stay calm while you deal with issues and problems more effectively than losing your cool.

Do not confuse not being patient with urgency to do something that requires immediate attention. These are two very different situations. You want to act with urgency to save someone's life, to put out a fire, to call a child out from running into the street, to meet a predetermined schedule, etc. Patience is about not losing your cool and not acting prematurely in a situation that requires waiting.

Different dictionaries and literary sources will describe *temperance*. The following are some found in Wikipedia, Webster and other sources.

"Temperance is the espousal of moderation, marked by personal restraint. *Temperance* is generally defined by control over excess, so that it has many such classes, such as abstinence, chastity, humility, prudence, self-regulation, forgiveness and mercy; each of these involves restraining some impulse, such as sexual desire, vanity or anger".

You need to look at *temperance* as a virtue and character trait which is important to have or develop. You can measure *temperance* by the amount of emotion, passions and desires you may experience under a given situation and your ability to control and manage these dynamics in a positive and beneficial way. Circumstances in business, work, relationship and family relations will cause many different reactions and behaviors which require temperance in order for you to avoid conflict or negative results. By exercising *temperance*, you will be able to manage the outcome much more favorably than if you simply react emotionally or reactionary. Emotions are powerful tools you can use along with your instincts, knowledge and intelligence. By coordinating these elements with *temperance*, you will be producing wisdom and will avoid mistakes. You will be a better person to live with and to be with. You must exercise *temperance* in the same way you exercise patience and the other virtues and character traits. They are like muscles which must be exercised for them to develop and grow stronger. Your ability to use them will increase and you will enjoy enormous benefits as well as those people who interact with you.

Chapter 18

SELF-CONTROL **Character Trait No. 7**

Self-control is a quality that will protect you from making many mistakes. It is an excellent quality to have in your character. It will allow you to act with maturity and not make fast, rash decisions or react impulsively in a situation. By exercising self-control, you will develop self-discipline and restraint by giving yourself enough time to obtain more knowledge on a particular subject, problem or situation. It does not mean you procrastinate or postpone decisions or that you do not respond quickly enough to an emergency. Self-control will give you the ability to act prudently and judicially in a given situation. Self-control will enable you to be slow to anger. It will allow you to not jump to conclusions. It will act as fertile ground for patience to develop. Both go hand in hand. By having self-control, you will avoid unnecessary arguments and problems. This quality will help you in your relationship, your job, your relations with family and friends. Having self-control will show you to be a tempered, mature and wise person, able to assume responsibility.

I am sure you have been at the short end of someone with a bad temper and absolutely no self-control. It is not pleasant. On the other hand, you probably have experienced people who stay calm under pressure and handle situations

effectively. They give themselves enough time to think of the right solution and act accordingly. Having self-control will allow you to do this. You will handle situations and problems with intelligence; detaching yourself from unnecessary emotions and keeping a cool temper. You think better, you do not let your emotions push you to act rashly or impulsively. Having self-control is an excellent character trait you can cultivate in yourself and will keep you from saying or doing things you later regret. Once you ring the bell as they say, by acting impulsively, you cannot un-ring the bell. It is done. If you said something or did something hurtful, unwise or damaging, it is difficult to undo... you then have to enter into damage control. Say I am sorry, pay more money, or whatever fixes the problem. But wouldn't it be better to avoid the problem by having self-control?

Chapter 19

BE LOYAL AND TRUSTWORTHY

Character Trait No. 8

Loyalty shows you are faithful, devoted, reliable, trustworthy, and committed. Loyalty is a feeling of devotion, duty, or attachment to somebody or something. You need to be loyal to your partner. You need to be loyal to each other. It means giving yourself to your partner and your partner to you; both of you devoted to the relationship. Your partner is always your preference in a permanent relationship and in a marriage. You do not look at other people desiring to be with someone else. You do not betray the trust and confidence your partner has in you. You are committed to the relationship unwaveringly and nothing or nobody can change your commitment to the partner and the relationship. This quality also extends in a similar way to people in your life you care about. Good friends and family usually will expect your loyalty, but is a different kind of commitment and loyalty you have in your relationship. Some aspects or principles do remain the same. In a permanent relationship and in marriage, loyalty is part of your commitment to each other and must be upheld and maintained. Loyalty is an integral part of a healthy and prosperous relationship.

To be loyal in a relationship and in marriage, requires true commitment and unwavering character. A loyal person in a

marriage or permanent committed relationship is not swayed by temptation. A loyal person will not succumb to the opportunity to do something that goes against the relationship and betrays the marriage vows, even if you think nobody will find out about the action. You stay true to the promises you made to your partner or spouse. This quality is a very valuable quality because it makes you a dependable person who will follow through on commitments. The boss at your job will love it because he knows you will perform the tasks your boss hired you to do with honesty, integrity and resolve; knowing you will be loyal to your duty. He can count on you. You need people to be loyal to their commitments. In a relationship, no matter if it is a temporary one, a permanent relationship or in a marriage, you need to be loyal. Loyalty is faithfulness. To be loyal and faithful to your partner or spouse is essential. By being loyal and faithful, you will not allow external forces to disrupt or interfere in the relationship. Both of you have control because you are loyal to the relationship.

I have seen at parties how some married people or people in a relationship, after a few drinks start making sexual advances to other people. They are not being loyal or faithful. It hurts the relationship and their character deteriorates. In the case of a permanent relationship, people just move on; sometimes after many years of being together. I wish they could see how destructive that kind of behavior is and the direction they are going. I wish they could see how much pain and misery they will cause. Disloyalty and

unfaithfulness will bring to themselves and their partner distrust, dissolution and a lot of unhappiness. Violating the basic principles and foundation for a happy and prosperous relationship is short sighted and disastrous.

People who are disloyal or unfaithful most likely do not value or realize what they have until it is lost. They either forgot why they wanted to be in a relationship or simply had no idea what it truly meant. People do not think of the consequences of what they are doing until the damage is done. By the time they realize it, it may be too late.

You need to make sure you and your partner love each other enough to have absolute loyalty to each other.

Trust is the confidence and reliance one person will have in another. In a relationship and in a marriage, Trust is being able to rely and have full confidence one toward the other. It means you will stay true to the commitments you both have made to each other. In a permanent partnership, it means relying on the promises of love and devotion made to each other. In a marriage, it means upholding to the highest degree the commitment to the oath you made to each other in the marriage vows. The marriage vows will include the promise to love, cherish and stay together until death separates you. The marriage vow includes a promise to protect each other and be with each other during good times and bad times in sickness and in health. You need to be able to trust the person who is making the promise to you, and the other person also needs to trust your commitment to also honor your promise.

In the marriage covenant two people will vow and promise in front of civil or religious authorities, family and friends the statements and commitments enshrined in the marriage vow. This promise and commitment is of the highest order two people can promise and vow to each other. The couple are entrusting their whole lives to each other and this relationship of love and trust should never be broken. To break the vow and promise, violates the trust one person placed on the other and is very painful. It is a trust that allows two people in love to bind to each other as one flesh and rely on each other for the rest of their lives. This kind of relationship brings forth children and family into a unit of one. The love and trust in each other binds it all together along with the other rules of behavior and quality traits that you decide to live by. You can trust in the laws of nature which are sure and constant. You can depend on the sun, moon and stars to shine on a clear sky; you can trust the rain to fall in season and the wind to blow. So it should be with the loved one in a marriage. You both need to depend and trust in each other with the same certainty as you can depend and trust nature to fulfill its design and purpose.

Trust gives you the certainty of continuity and dependability. It gives you the assurance and reliability in your partner. The marital vow and promise expresses and implies all of these things. Trust must always be upheld, protected and maintained. It is essential in a relationship. Break the trust and all sorts of problems will follow; jealousy, suspicion, mistrust, arguing, fighting, lies and break-ups, etc. It is very

difficult to recover from breaking the trust. It is not impossible though. There is another chapter in this book about forgiveness, but trust must be re-established and earned back. It can be a long road with much pain and misery which can all be avoided by simply staying true and trustworthy. Trust goes hand in hand with Honesty and you must always practice Trust and Honesty in your life. Practice it and exercise it by being trustworthy. Avoid temptations or situations that can cause problems. Don't look for situations that can lead you to act dishonestly. Dishonesty leads to cover-up, lying and you will lose the trust. Nothing stays hidden forever. Somehow, things you do get discovered and if they were lies or dishonest actions, there goes the trust. Stay close to your partner or spouse. Have good communication with each other and talk about everything that bothers you inside or outside of your relationship at the right time and in an appropriate manner. Work things out so you are not hiding things and when found out, Trust will not be undermined.

Chapter 20

CONSIDERATE AND SENSITIVE TO THE FEELINGS OF OTHERS

Character Trait No. 9

If you are considerate, people will value you and will love your company. To be considerate within your relationship or marriage is a big benefit. Showing consideration means you are thoughtful, kind, caring and selfless. To have a spouse or partner with this quality is wonderful. It must start with you as with everything that requires character change. You must practice being considerate with others. Think of how you can anticipate a need someone at work might have during the day and show consideration for that person. See how you can help that person in need. Think of your parents and family members. Consider their needs to see if you can help out. We all have limitations, but stick to the things you can do on a daily basis that require thoughtful actions on your part. Anticipate what your spouse or partner will need or like. If ill, do things to help him or her get better. Consider your surroundings and make them more comfortable for you and others. At home, do small and big things you can improve for the benefit of those who live with you. Be inquisitive to find out what is pleasing to your partner. Do the things you know he or she likes. Be understanding of difficulties or problems your partner is having and offer support. Show you care for everything

pertaining to your partner's concerns. Being considerate will show you to be thoughtful, caring and kind. These qualities will make you a wonderful person to live with and your friends to want to be with you.

Being sensitive to the feelings of others and especially the person you are in a relationship with and married to is extremely important. It is not only important, but essential.

Men need to recognize the differences between men and women. Women also need to recognize the differences between the sexes.

Generally, women are more sensitive than men; most probably, because women go through so many hormonal variations every month. These variations make women more susceptible to emotion. If men had to endure all the biochemical and hormonal changes women go through every month, they would understand what women go through. Men would be much more in tune with women in their understanding and sensitive to their emotions.

A problem or an issue for a woman may have a different degree of importance or priority based on her mood at any given time of the month. I am speaking physiologically. Women can become much more emotional about different issues than men because of it. Women may cry more easily. They may become more irritable or not want to have sex. Men must fine tune themselves to detect these periods or mood changes so they can adapt by becoming more sensitive and helpful to the women's needs at the right time. Women

during PMS (Post Menstrual Syndrome) are particularly sensitive. A woman will expect for a man to be sensitive to her feelings and her needs. The need for women to be paid special attention to during PMS is greater than at other times of the month; especially if she is hurting or having a rough time of it. You need to have special considerations for her need to rest, to be hugged, to be told you love her and how much she is appreciated.

Just like men would like to be shown consideration if they were... say, hungry or have any special need of anything including sex. The man would like to be taken care of... Right?

If the man felt hungry or had to go to the bathroom, while having something else important to do, a man's priority would change. The man would want to take care of what is more pressing at the moment and deal with any other issues later, that is after he took care of the more pressing need. Men can also be emotional. The triggers for men's emotions are different than a women's. Men are usually sensitive when it comes to their manliness, their pride, their ability to provide financially. Men can be emotional about many things. Women do have to tune in and understand her man so as to identify the sensitive issues he is vulnerable of. He also needs care in this regard.

A man must be mild natured in his manner towards his woman when she is in a delicate state. He must show sensitivity to whatever problem or difficulty she may be going through. He must also understand her sensitivities and

vulnerabilities. Both in the relationship must need to be tuned in to each other through constant contact, good communication, monitoring each other to help out when trouble or difficulties arise.

Chapter 21

WILLINGNESS TO CHANGE

The Dynamics of Change

Character Traits 10

How can you make yourself change or help your spouse or partner change? *Please answer to yourself all the questions in this chapter and make notes!*

You need to ask yourself, do you want to change?

Do you want to stop doing the things you know you do not want to do anymore?

These issues can be smoking, weight loss, drinking (alcohol), being abusive, laziness, bad temper, gambling, over spending, rudeness, insensitive, selfish, lacking self-control, extramarital affairs, etc.

You know what you need to change and what changes you would like to see in yourself. You can also look at the changes you would like to see in your spouse or partner. It is important to understand that change starts with you. You cannot make a good case to your partner about changing if you don't put yourself in change mode. Change starts with you.

To change for the better in any case, you need to have a good motive that pushes you to want to change. You need to forget the excuses you have been making to yourself and

stop keeping bad habits in your life. You need to realize the damaging behavior you have, needs to stop.

You do not need to bully or dictate to yourself. Neither should you bully or dictate to your spouse or partner the need to change. The method you need to use on yourself or your partner is Persuasion. You need to evoke in yourself or your partner the desire to make the change from within your mind and consciousness. But how to evoke or induce yourself and your partner to change?

You need to ask yourself, why do I want to change?

What are your 2 best reasons to change?

1.) LEVEL OF IMPORTANCE - On a scale of 0 to 10, evaluate in yourself the level of importance you feel is necessary for you to change? How important is it on the scale?

2.) LEVEL OF DESIRED CHANGE - Also, on a scale of 0 to 10

How much desire do you have to make the change?

Ask yourself, what do you need to do to increase your change scale number to a 9 or a 10?

Analyze your typical day and pick out the does and don'ts. You already know what you need to work on. It can be a variety of issues. You need to select and list the changes you want to make and prioritize by setting a number indicating the level of importance from 0 to 10.

How do you keep the change going? You need to have the desire and willingness to change.

- What are the good things about keeping your behavior as it is? Do you derive any benefits from them?

As an example: Over eating, smoking, bad temper, too much alcohol, laziness, etc.

- What are the bad results brought about by keeping the behavior as it is? What are the negative consequences of keeping the bad habits going in you?
- If you do not change and decide to keep the behavior as it is, how do you see yourself in 5 years as a result of the bad habits?
 - How will it make you feel as you deal with the consequences?
 - How will it affect your relationship?
 - How will it affect your family?

You have two future scenarios.

- 1.) You made all the changes you wanted.
- 2.) You made no changes.
 - What will be the consequences in either scenario?
 - How will it impact your life and your relationship?
 - Do you have the power and opportunity to change now?
 - How big is the difference between change and no change?
 - How can you help yourself and your loved one to change?

“People are generally better persuaded by the reasons which they themselves discovered, then by those which have come in to the minds of others”. Quotation by Blaise Pascal

How to change? You need to have insight into your behavior. Your partner needs to have insight into his or hers as well if you both are looking to change and be better. You must look into your behavior in a non-judgmental way.

It is necessary that you and your partner agree on a plan and on the basic changes you both want to make.

Explore options. Consider what you will do if you relapse. Pick yourself up and continue with your resolve to change. Keep at it. You will make progress by being consistent and determined.

It is essential for you and your spouse or partner to have the desire and willingness to change. It has to come from within yourselves. Explore and calculate the benefits and consequences of changing or not changing.

Nobody can make you change. You have to realize the benefits of changing and persuade yourself to do it by looking at the short and long term consequences in your life and in your relationship.

Tell yourself when you will start. Hopefully you will start now!

The Magic in You

CONCLUSION

By reading this book, hopefully you will have understood how valuable and precious each person is and the complexities in our character that make us unique and special. Some people have more of one thing and less of another quality. But everybody is precious and valuable. Every person matters. The people you meet are all special and have magic. Their light you may not see shine at first, but when you stoke the flame with love, care and attention, it will shine bright... like Magic!

The point of creating YourFriendsDate app, was for you to introduce 2 friends you know that could find each other compatible, interesting or attractive. Hopefully they will find Magic and will gain a new friend, gain a partner, wife or husband. Everybody needs a little push and a shove from a well-intentioned friend... because “life is always better together!”

