



How to communicate with your man

We all want to be happy in our love relationships and to grow the special bond with our significant other. Apply the following tips when you interact with your lover and enjoy increased intimacy, romance and joy . . .

- Talking to your guy is different to talking to your girly friends. He doesn't need to hear a detailed account of your whole shopping trip . . . just how much it cost him!
- Remember that you are his partner and his lover, not his Mother, so recognise that he is a strong, sexy man and talk to him adult to adult. If you treat him like a little boy, he will act like one!
- A man's primary need is to be respected and, to a man, love and respect are the same thing, so show him you love him by communicating respect. If you continually challenge and undermine him, demand he behaves in a certain way or boss him about all the time, you are giving him the message you don't think he is THE MAN!
- Treat him with kindness and loyalty - show him that you're batting for the same side. Be supportive, tell him what you love about him and what you see his strengths are, celebrate his wins. Your partner is not the enemy!
- Trust him to make good decisions. Give him the space to stand in his power. If you constantly question him and try to control everything, he will always doubt himself, and you will end up complaining that he is weak and can't make any decisions!

- When he's talking to you, give him your full attention. I know you're great at multi-tasking but men aren't and, if you're running around being superwoman while he's sharing his innermost thoughts and feelings, he will think you're not listening!
- Ask him what makes him feel loved, and do those things. You may be surprised – it may be more than just sex!
- If you want him to be successful in his career, build him up instead of tearing him down, because critical women who are full of complaining strip their men of their power and authority. Behind every man is a good woman – it doesn't mean we are hidden in their shadow, it means we support them and we have their back!
- If you want greater emotional intimacy with your guy, don't judge him when he shares himself with you. Create a safe space for exploring hopes and dreams and you will be astonished by the improvement in your bedroom activities!
- Don't take him for granted. Remember how precious he is to you and live each day with him like it may be your last. There are 3.5 billion men in this world and you chose him 😊