

Building a Relationship Video 3 of 3

Hello again and welcome back! This is the last of our three part series of Designing Your Relationship.

Summary

No relationship is without challenges

Allow us to give you an overview of our 4 concepts.

We all want that special 'someone' who's going to commit to us, love us unconditionally, honor us and accept us for just being who we are. And who's going to do all the above for the rest of our lives.

Unfortunately though, if we've had more than our fair share of bad relationships through our lifetime, then it can become easy to suspect there's no right person, no right secret, no right strategy just many different alternatives of wrong.

The good news is, we have been through your pain and we feel you! For the past 26 years we have done a lot of research and applied it into our relationship. We have found a very simple formula which you can apply today and get even better results in your relationship than ours.

But you have to invest the time into working on your relationship so it can be all that you dream & hope it to be. No doubt it takes work. The question is this, Are you and your partner serious about building a lifelong relationship? If so, then this three part series on Designing Your Relationship is the perfect match for you.

We believe Building a strong healthy relationship is like building a house.

We all have an idea of how a house is constructed. You have the Foundation, Framing, Roof and Finished Work.

Foundation is Commitment; Framing is Expectations; the Roof is Communication and Intimacy is the Finished Work.

Intimacy consists of fun, friendship, forgiveness, love styles and love making.

Building a strong, healthy relationship is like building a house.

Foundation which is commitment

A house cannot be built without a foundation. In order for a relationship to stand, it needs a strong foundation of commitment. The foundation is the beginning phase of a house.

Just like that night at dinner, the commitment was the initial ground breaking for our relationship. Commitment defines the purpose of the relationship. Without a commitment there is no relationship.

According to Scott Stanley, PhD., author of *The Power of Commitment*, and a well known Marriage researcher, said "Real commitment has real power to turn a good relationship into a great marriage, and allow us to add to that, it will last a lifetime." We are living witnesses.

Expectations which is the Framing

Just like framing is the skeleton of a house, Expectations are the skeleton of a relationship. If the frame is strong, it provides the necessary support for everything that follows. We have to understand that Expectations affect everything. Why, because expectations are your values and beliefs. Expectations are beliefs about the way things will be or should be in your relationship. If your values and beliefs are not strong or are not aligned, they will surely impact the structure of your relationship.

According to research, here is where most relationships can begin to fall apart because of unrealistic expectations. We all have expectations. In general we are disappointed or happy in life based on how well what is happening matches up with what we think

should be happening. Expectations are the support structure to a healthy relationship as the framing is to a house.

The night we broke ground on our relationship, we were also agreeing to start aligning our individual values and beliefs together, which began the evolution of expectations within our relationship.

Communication which is the Roof

Communication is the key to every relationship just like a roof is to a house. Without effective communication a relationship will become vulnerable to conflict. A roof is an essential covering that is placed on a house and performs multiple functions, all of which are tied into providing protection. The foundation which is the commitment and framing which is expectations would be greatly damaged without the roof which is communication. To include the floors, walls, and cosmetics (painting, light fixtures, cabinets, carpet, etc.) which is intimacy.

Unsurprisingly, studies show that conflicts and poor communication lead to unhappy couples more than almost anything else.

Effective communication protects the relationship, when we don't communicate effectively it leads to conflict and confusion.

Again, during the initial groundbreaking of our relationship we effectively communicated that we were agreeing to become boyfriend and girlfriend. This communication provided protection from confusion and conflict in our relationship because we were clear of our roles.

Intimacy which is the Finish Work

(Finish Work - Floors, Walls and Cosmetics)

Intimacy completes the relationship just like the floors, walls, and cosmetics (painting, light fixtures, cabinets, carpet, etc.) complete a house. Happy and healthy relationships need intimacy to survive. Intimacy goes beyond the physical connection you can get through sexy time in the bedroom.

Dr. Jennifer B. Rhodes, a licensed psychologist, stated, "Real intimacy comes from letting your guard down and allowing your partner to witness you in a less than stellar light."

Intimacy, is not only sexual pleasures, but we believe it consist of fun, friendship, forgiveness, love styles and Love Making.

Having fun comes naturally; it's a must for any relationship.

Friendship is someone who is happy to see you and doesn't have any immediate plans for your improvement.

Forgiveness is a decision to let go of resentment and thoughts of revenge.

Knowing the different Love Styles because love comes in several different forms is important

Love Making

Protecting your sexual relationship. Physical intimacy must be a priority in every relationship

During the groundbreaking of our relationship, we agreed to include intimacy, fun, friendship, forgiveness, learning love styles and love making into our relationship.

Now that you have a relationship design in mind, it's time to get with the builder. And we are the builders. And we are your Relationship Aficionados. The reason we call ourselves relationship Aficionados is because we have been married for 22 years and have been together for 26 years!

26 Fun, loving, fantastic and challenging years!

Our Introductory Coaching Session is based on transparency of our 26 years of experience, which is also supported by research.

Most people don't purchase coaching until they have actually experienced it. Some people are more comfortable trying things for the first time in pairs. Our **Introductory Coaching Session** is designed for singles and couples (married, engaged or just dating) who want to test drive a coaching experience. Regardless of your relationship status and sexual orientation, Our **Introductory Coaching Session** will provide you with actionable steps, communication principles, insights and strategies for healthy, happy, rewarding, and lifelong relationships. So your life and your relationship will be exciting and fun.

We will share our 4 concepts of a relationship.

Because we believe building a strong healthy relationship is like building a house.

These are the times we all wish for, so let's make it happen. By the end of the coaching session you'll understand the steps you can take today towards designing healthy, happy, rewarding relationships that last a life time.

So let's get started by accepting our offer to schedule your introductory coaching session.

Our session can be used to see if coaching is right for you or as the start of a coaching journey. We will serve as your sounding board and collaborate with you so that you can reach your highest levels of success in your life and or relationship. This highly interactive coaching program provides couples with their own Personal Relationship Aficionados.

Here's What You Will Receive:

- One - 60 Minute Intimate Coaching Sessions

- Safe Space Environment
- Laser Coaching (5-10 minute calls)
- Private Email
- Text Coaching
- Communication Tools and Techniques
- Customize Ground Rules
- Sessions via Video Conference or Skype

Here Are The Results:

- Tap into Your Passion and Purpose
- Build a Strong Connection with Yourself
- Step Out of Your Comfort Zone
- Learn Key Strategies that Strengthen Who You Are
- Put Words to Your Feelings and Thoughts
- Learn the Concepts of Building Relationships
- Discover Timeless Secrets and Principles
- Enhance Your Ability to Resolve Conflicts

The retail price for this program is \$300.00. You'll receive all of this for the low price of **\$127.00**. This cost is for both singles and couples. Again, we will share our 4 concepts of a relationship.

Because we believe building a relationship is like building a house.

These are the times we all wish for, so let's make it happen. By the end of the coaching session you'll understand the steps you can take today towards designing healthy, happy, rewarding relationships that last a life time.

So let's get make it happen now. Click on the link to get started with your introductory coaching session. We'll see you inside your session.

Bye, Bye and see you soon!