

Right Relationships

Table of Contents

Three Circles of Relationships

The Inevitable +/- of Successful Inner Circle Relationships

What I Teach Men About Women

What I Teach Women About Men

How to Qualify A Man

Middle Age Single Never Married Western Women

Women Moving Successfully From A Third Circle to An Inner Circle Relationship

Basic Keys to Successful Relationships

Characteristics of Traditional Successful Christian Relationships

Relationship Myths

Relationship Talk

Three Circles of Relationships

1st Circle/Inner Circle - Acceptance precedes expectations. Time cannot be a factor Inner Circle because time constraints contradict and kill nurturing and support which are vital Inner Circle, as are compassion, mercy, and quality time. Inner Circle is about nurturing, and nurturing is timeless, not deadline sensitive. ... Inner Circle dynamics are unique. This is where we do family - father and heavenly Father, and also mother. It is where we deal with our spiritual subconscious and the four basic emotions-sad, mad, glad and scared. It is where we do love, sex and money. It is the location of core beliefs, values and feelings. It is how we basically handle fear of abandonment and rejection, loud noises and chaos. It is where our spiritual subconscious was programmed when we were babies, 1, 2, up to 6 years of age particularly, and somewhat up to age 12, which is 88% our mind, where our delta, theta, alpha and beta brain waves were programmed. (The Communist Party and the Catholic Church have long recognized if they can program a child in the first six years, they will likely have his/her allegiance for life.) Inner Circle is more about being (feminine) than doing (masculine). To a man, his home is his castle, his fortress that protects him from the world. To a woman, her home is her nest, safe and secure, pretty, where she can let down and relax. Inner Circle is cooperative, win/win, non-competitive. It is about love at all levels. It focuses on welfare, the welfare of the combined man/woman team, the two as one, supporting and sacrificing for each other. It is ideally where acceptance runs with flow, peace-of-mind, contentment, joy, and harmony. This is where true intimacy is established. This is an unbreakable enduring connection and commitment/covenant with distinct polarization +/- (male/female), husband and wife at core. ...Applying Third Circle methodology here primarily almost always guarantees disaster. Inner Circle, personal considerations precede tasks. What it takes to be successful Third Circle out is poison to Inner Circle relationships, for Inner Circle is about cooperation not competition, about masculine/feminine not all being masculine, time insensitive not time sensitive, not effective or efficient,

personal not impersonal. The covenant Inner Circle is sacred. It is unconditional.

2nd Circle - Friendship - Has some of the qualities of 1st Circle/Inner Circle, but without the locked in programmed intimacy, without sexual intimacy, without the unbreakable enduring covenant, connection or commitment. It also has some of the qualities of the 3rd Circle/Outer Circle of expectations and performance. The stakes personally are not as high here as they are Inner Circle. There is more of a balance between acceptance and expectations, between the unconditional and the conditional. And polarization 2nd Circle can be of the combination +/+, -/-. So, 2nd Circle - Friendship overlaps and interacts with both the 1st and 3rd Circles. ... Remember, friends come and go, but enemies accumulate.

3rd Circle - Profession - Expectations fulfilled precede acceptance. Time is a significant factor and effectiveness and efficiency come into play big time. It is about doing (masculine), not about being (feminine). Everyone, male and female is masculine (doing, thinking, in their left brain, linear). It is a business organization/pseudo-family that focuses on goals and production, and strategy and tactics to achieve goals. It is competitive. Applying 1st Circle methodology here primarily almost certainly guarantees disaster. (Tasks precede personal considerations.) Third Circle necessarily lacks intimacy. It can be cutthroat, deceptive and manipulative - dog-eat-dog. It is time sensitive and impersonal. Here, service to others is a means to an end of serving ourselves in the profession. The contract is sacred. It is also conditional.

The Inevitable + - of Successful Inner Circle Relationships

Whenever there are two or more people involved in anything, inevitably someone ends up in charge, in control. There is no such thing as equality ever. It is instead workable and best for there to be reciprocity and equity in a relationship.

In an inner circle relationship, if there are no relationship rules, if there is no designated leader, the default mechanism is, "*Whoever loves least is in control.*" When men are not in charge, not in control, they become/are emasculated predators, parasites and slugs, and women in control become/are burned out and used up - lose-lose.

Good men are controlling in a sense; they take charge. Men are stronger physically than women, are naturally linear (left brain), are more aggressive, and are designed physically to lead. (Men have the initiating organ in sex. Whoever initiates takes responsibility. Whoever takes responsibility leads.) That is what good men do - love their women, cherish their women, lead their women, teach their women, along with provide for, defend and protect their women. Good men are in control! Good men are about sacrifice/ service. This is the characteristic of good leaders - service/sacrifice. This is masculine, positive, +.

Women who bring up the word "*controlling*" when it comes to men nearly always have issues with men going way back, usually to their fathers, and what such women are really saying they want to be in control, to have the final say. Such women usually have deep-seated fears, insecurities, authority and trust issues, and are not good team players, not good co-pilots under a man's leadership. Such women

are in their masculine, have a history of train wreck inner circle relationships with men, attract weak men and drive the good ones away because these women want to be in control – in their masculine, not in their feminine.

Such women never get cherished because they are incapable of getting and staying in their feminine, -. So all these controlling women can do is: 1. Offend good masculine men ++; 2. Drive away good masculine men ++; 3. Establish role reversals with the woman in charge -+ (which lasts only short-term); 4. Turn good masculine men into buddies ++ (best case scenario), while attracting the male parasites, slugs, predators, leeches and weaklings, who are already emasculated -+, who drain them.

The only thing that works long-term is this created + - electromagnetic matrix/hologram/fractal we live in is + - when it comes to men and women, masculine and feminine respectively. This is chemistry. This is attraction. This is the only thing that leads to and keeps healthy attraction between men and women, + -, just like with a magnet + -. The feminine is about yielding, trusting, being, feeling, being vulnerable, following, flowing, accepting, receiving, helping and letting go. It takes trust and faith in a man for a woman to get and stay in her feminine.

I have now taught relationship classes to, and/or have consulted with, hundreds of women around the world, and this is the case so far nearly every time. Moreover, I have never had a woman who took the above to heart and practiced it ever come back to me and say it did not work – not a one!

Remember, whoever initiates, whoever takes responsibility, should lead. Men are by design infrared initiators – penises, naturally left brain logical/linear/masculine, yang-light, electromagnetic, kinetic, vectors, grounded, physically stronger. When men do not initiate, take responsibility and lead, as they are comprehensively designed to do, they emasculate themselves. Men are suns, not moons. By contrast, women are by design infrared receivers – vaginas, right brain emotional matrixes/feminine, yin-dark, magneto-electric, potential, static state, ungrounded, physically weaker. When women are not primarily in their feminine (like moons when it comes to men suns inner circle) and receive more than they give, they inevitably burn themselves out. Additionally, healthy men need to do good to feel good; healthy women need to feel good to do good. When a man is respected he feels cherished. When a woman is cherished, she feels respected. As men age they move from their masculine exteriors to their feminine cores, from testosterone to estrogen. As women age they move from their feminine exteriors to their masculine cores, from estrogen to progesterone. This is an “*On Golden Pond*” kind of thing.

What I Teach Men About Women

Most important to men is to not make a long-term decision about having a relationship/marriage with a woman while he is mesmerized in the hormonal and romantic “*Infatuation Spike*”, when her appearance, scent, touch and taste he finds intoxicating, when she consumes his thoughts. Wait until this passes before making a long-term commitment. Also, do not believe a woman’s words. Women have a way of being beguiling, seductive, of telling men what they want to hear to get what they want.

As a man you need to find out what a woman really wants out of life, what her passions are, what is important to her, what causes her to feel loved and unloved, secure, how she handles money, if she has shared values and interests personally and professionally, if she is loyal, faithful, a team player, reasonably organized, is kind, free of addictions, healthy physically, mentally and emotionally, if she has and operates daily with Christian ethics, takes Proverbs 31 seriously, and if she loves being in her feminine, a co-pilot, a team player. What and how much baggage is she carrying – emotional, financial, commitments, children, grandchildren, toxic ex-spouse? Will she respect you, not hassle you, be a companion to you, and keep herself attractive and warm emotionally and sexually? Can you communicate and laugh together? Is spending time with you more important than whatever it is you are doing together? Do you feel like you can be yourself around her and still feel loved and accepted? Does she enthusiastically support your personal and professional interests?

Find out what her mother is like, how her mother interacted with her father, discovering the dynamics of her model for a husband/wife relationship. Most important is discovering what her relationship was like with her father during her formative years, when she was growing up. A woman, who as a little girl, felt loved and safe with her father, who saw her father's arms as the most secure, loved and wise place she could ever be, is a woman whose formative programming is to find a man she can trust, follow, love and take care of her, cherish her, a man she can respect and adore like she did her father. Such women today are rare, but worth their weight in gold.

If you want to find out what you have really got, what a woman is about at core, put her in a situation where she doesn't want to be there, when she is tired, feels ugly, whatever it is you are doing is not her thing. Then you will find out what you have really got. You need a woman who sticks and works to make things better when times get tough in life, as they inevitably do.

At the end of the day, the only reason to have a specific woman in your life, particularly a wife, is because she makes your life much better than it is on your own or with any other woman. Otherwise, she is not worth the time, effort or money.

What I Teach Women About Men

MEN ARE DESIGNED BY GOD PHYSICALLY, EMOTIONALLY, MENTALLY AND PSYCHOLOGICALLY TO LEAD! Anything else will use you up and burn you out eventually as a woman - spiritually, mentally, emotionally and/or physically, if not financially.

That is the way God designed it. That is the way it will be anyway sooner or later. **YOU ARE DESIGNED AS AN INFRARED RECEIVER AND TO BE A HELPMATE AND COMPANION FOR A MAN, PERSONALLY AND PROFESSIONALLY!** Anything else is dysfunctional and will not work long term. Why do you think so many men end up marrying their secretaries? Duh! Because the secretaries are the helpmates who meet their needs and like being junior partners/co-pilots to the men (bosses) personally and professionally! So, make sure the man you pick has the same values, and likes to do many of the same things you like to do, personally and professionally, and also supports you in your areas that are different, but complementary to his.

Do not believe the romance and courting lies of Hollywood, or buy into the short term pleasures of it personally. It does not have the grounding to carry a relationship through the trials and tribulations of life. All the romantic fluff will go away anyway (unless you are wise enough to positively continually reinforce it in a man by meeting his needs, too), and you will be wrongfully disillusioned and shocked when he reverts to being who he is, and he will. Count on it! You know the phrase, "*The honeymoon is over.*" Well, duh! Of course, it is over! We all have to live in the real world. And the bottom line is whether YOU will be there for HIM, for better or worse, in sickness or in health, for richer or poorer, until death takes one of you, and whether HE has the character and grit and commitment to be there for YOU under the same conditions and sacrificial commitment. Make no mistake about it. Life comes down to these hard time conditions where the only thing that counts is sacrifice and commitment. And if you do not have someone in your foxhole of life with you who is a sacrificial and committed giver, someone who has class, then forget it. You are wasting your time with a Good Time Charlie (or Charlene)! And the cost of that is way too high!

Therefore, you need to keep quiet, let a man lead, to see if you like fitting into HIS personal and professional lifestyle, and if your life is enriched by it. If so, stick, if not, leave. That is the bottom line. That is what works long term in a healthy sense. And that is what you are going to get anyway long term in a relationship. God will not be mocked. And the relationship evidence confirms this truth time and time again.

What you, as a woman, need to look for in a man front end to protect yourself is:

1. Whether the man can give more than he gets;
2. If he values honor and respect more than sex;
3. If he can keep his word and commitments and is sacrificial;
4. If he can provide for, defend, cherish, love and lead you, and you can willingly follow his lead because it fulfills your personal and professional needs as they align with his;
5. If he is sound psychologically and physically;
6. If he can handle his money responsibly and has no addictions or violent tendencies;
7. If he has a solid Christian value base to guide him, and subjects himself to godly rules and a Higher Authority that he is obedient to consistently.

Look at his track record personally and professionally. Look at how he spends his time and money and with whom. Look at his family and family history as he grew up. This will, in nearly all cases, tell you who he is and what you are getting.

Choose a man the same way you would choose a job and a boss to work for intimately. If you cannot with a happy heart sacrificially serve him and be his godly helpmate, and like what he does personally and professionally; if you cannot refrain from criticizing him, telling him he is wrong, and giving him unasked for advice; if you cannot stay in your feminine with him; if you cannot call him your lord and love it because he has your heart and you respect him; walk away. Save yourself and him needless time, money and grief. Find a man where you can be junior partner/co-pilot and love it, because you will destroy yourself (and him) if you do not have such a man who can lead and cherish you and give you more than you reflect back, and also stand up to you and say "no", and make the final confident decision when the chips are down. You will destroy yourself, your relationship and him if you cannot willingly

follow his lead. You have to be happy being #2, the junior partner, the co-pilot. ...The wonderful part is, if as a woman you do these feminine supportive things, the romance will get better and better with age and the man will be more eager to please you! You will become a queen to your king!

The fact that so many marriages and relationships fail today is because men and women do not follow this godly formula that works, backed up by proven relationship data. Up until the 1900s in the USA, young American men, after they finished their apprenticeship for their trade and work, prayed, "*Now, Lord, bring me the woman you have prepared to help me in the calling you have given me.*" ...The modern man and woman expect a relationship to be a romantic fantasy - Wrong! Such turns out to be a horror movie! A happy relationship has a solid commitment/covenant, grounded and nurtured by a strong man, and also romance.

How to Qualify A Man

Ever since I have taught relationship classes in New Zealand, in the US and in Switzerland (all for free), I have heard legions of horror stories from women about men who have not met the grade. So, here is a thumbnail checklist for women regarding how to qualify a man for a successful relationship inner circle. Remember, first and foremost, there is no substitute for character, commitment and maturity in a man (or a woman) when it comes to choosing someone with whom to have a successful relationship. Don't believe his words, representations or charm. Performance is what counts when it comes to a man. And for heaven's sake, don't get hooked sexually by oxytocin bonding before you had pre-qualified a man. Otherwise, your discernment and judgment are shot to hell.

- 1) Discover how he spent his time and money, and who with, BEFORE he met you. ...Men do not change much. If you can discover this from him, his home, his mates/buddies/friends, and/or from his family, you will be way ahead in knowing what you are going to really get and end up with after he gets what he wants from you!
- 2) Find out his personal and professional track record. Men are like race horses. Bet on the track record personally and professionally to be repeated with you, and discover his pedigree (what kind of a male role model he had, and how well he gets along with his mother). When it comes to men, the apple does not fall far from the tree.
- 3) Give him the opportunity to be a real man. Give him the opportunity to give more than he gets, to initiate and lead, to value your respect more than sex, and to keep his word and honor his responsibilities and commitments. Any male who does not do this is still a boy, or already either emasculated and/or a predator, parasite or leech. Then, best you can, ladies, keep quiet for a few (6) weeks to discover who he really is and what he is all about. Flow with him for awhile on his agenda. This is just like playing poker, and keeping a poker face and your cards guarded in a game. Let him lead and initiate. Who know? You may discover a new activity of his that you enjoy. But, if you choose not to do this, if instead you choose to be dominant and/or dictate to him what you want, then rest assured he will be targeting giving you what you ask for and want in order to get what he wants from you (usually some combination of sex, money, power, status, companionship and their derivatives). If this occurs, you will not know until too late who he really is and who you really have.

(Out of the shining knight suit pops a rat?)...Relationships, like investing, require taking risks. Put your heart on the line in a relationship just like you put your money on the line in an investment. Then cut your losses short and let your profits run.

One important warning and caveat to all the above: Never ever let a man put you in legal, personal, physical, financial, mental or emotional jeopardy. If he starts to do that, then you have your sell/jettison signal to cut your losses short and run!

Middle Age Single Never Married Western Women

I have not yet found a single Western (US) woman, over 40, who has never been married, who has worked all her life, who had a turbulent relationship with her father, who could get out of her masculine, let go of her fear, lack of trust, and give up control (leadership) to a man and flow with him in her feminine as a team player, as a co-pilot.

In addition to being locked into her masculine, and often a history of poor relationships with their father and/or early on with men inner circle, I find such women often get addicted to all the attention/fun/rush/courtship, and this further reinforces their inability/reluctance to commit to marriage. Attracting a man and keeping a man are two different things entirely.

What else these single Western women have had in common are: 1) Egregiously unreasonable rigid expectations of what they feel they deserve and expect in a man; 2) Way overinflated evaluation of themselves and what they perceive they are worth; 3) Not a thought about what they could or should contribute to a relationship – what it takes to meet a man's needs.

The worst of these women are the attractive, bright, successful, charming women who can easily attract men initially, and because they can do so, they never learned the rudiments of relationship skills in order to successfully mold a long-term viable harmonious relationship and/or marriage. And how a woman is with her friends and professional colleagues second and third circle out respectively, does not count; it means nothing about how she is with a man inner circle – totally different dynamics, totally!

A man over 40 who has never been married is also selfish, has no experience as a team leader/player, is often egotistical, full of unreasonable expectations when it comes to what he thinks a woman should do for him, and is often damaged emotionally from a dysfunctional early family experience or previous relationships with women. Such men are often playboys, predators or parasites when it comes to women.

Women Moving Successfully From A Third Circle to An Inner Circle Relationship

Many successful women Third Circle out in business are train wrecks when it comes to being successful Inner Circle with a man. Why? Because what makes a woman successful Third Circle out in business is poison, an anathema, to what it takes for a woman to be successful with a man Inner Circle.

Specifically, in business, everyone is thinking and doing. Both of these activities are masculine, left brain linear and active respectively. Everyone in business is accordingly masculine, both men and women. If a woman in business takes her Third Circle successful business skills Inner Circle with a man, she creates a masculine/masculine, a ++ interaction, which kills chemistry, and prohibits her from being cherished. The best she then can hope for is for the man to pop out into Second Circle friendship. If she forces a role reversal where he goes feminine +, while she stays in her masculine, he is emasculated, and likely will end up going passive/aggressive, turning into a slug, parasite or a predator. He will eventually resent her.

By staying in her masculine (+) Inner Circle with a man, a woman can only exhaust herself further from her busy Third Circle activities, because she is still giving more than she is getting; she is still in charge, doing, not being a feminine moon, not receiving more than she reflects back, not being, putting herself in conflict with her basic feminine receiving infrared signal and nature.

If a woman brings her competitive Third Circle behavior to the Inner Circle relationship, she destroys any hope of there being nurturing love, win-win, cooperation, teamwork, relaxed flow Inner Circle with her man. Additionally, while being effective and efficient because time is money is vital Third Circle out, Inner Circle it is poison because Inner Circle is about nurturing, which is timeless and anything but effective and efficient.

For a man, the beauty of a feminine woman comes with her caring and nurturing, her being oblivious to time. Third Circle out in business a woman has to do good to feel good. She has to perform, to produce. Inner circle a woman has to just be, to be feminine, to feel good to be good. This means a vital role shift must occur for a woman from Third Circle out to Inner Circle if she is to be as successful with a man Inner Circle as she is in business Third Circle out.

Additionally, Inner Circle is about acceptance, so wise women do not try to fix men, or develop their potential. Wise women Inner Circle accept their man as he is, flow with him as a helpful synergistic co-pilot, the opposite of being hard-charging, challenging, setting the agenda and being in control. Such wise women also avoid the Four Big "No No's" for women Inner Circle: 1) Never tell a man he is wrong; 2) Never argue with a man; 3) Never give a man unasked for advice; 4) Never be disrespectful and interrupt a man. A wise woman Inner Circle can achieve what she wants instead by simply asking questions kindly and respectfully of her man, thereby leading him by his own thinking to her desired position and conclusions.

Finally, honestly, real men who know how to love and cherish women just don't care how successful a woman is; real men don't care how much money or status she has if he is a real man Inner Circle. So, a woman Inner Circle is best served by not even bringing into play such external wealth, status and stuff considerations.

Basic Keys to Successful Relationships

Individually, are you standing on your own two feet and know who you are, and feeling good about yourself?

Are you okay being alone, as opposed to being needy?

Are you winning in life?

Do you want a relationship?

Do you ask yourself what you are willing to contribute to the relationship?

Do you make your partner and your partner's life better?

Does he/she make you and your life better?

Are you willing to sacrifice for each other?

Do you together have Commitment, Covenant, Contract, Companionship, Communication, Cooperation, Cash, Character, Conciliation and Chemistry?

Do you think of yourselves in terms of "*we, our, and us*" versus "*I, me and my or, you, your and yours, or he, his and him or, she, her, and hers*?" In other words do you think of yourself as a couple first?

Are you aware that the way you say something is more important than what is said?

Do you bring everything up to the level of verbal communication, and ask politely and kindly for what you want, need and like, and for what you don't want, need or like?

Do you emphasize polarity, where men are men, and women are women, to sustain and increase the attraction?

Do you practice men/women relationship skills and languaging?

Do you share the same basic beliefs, values and interests, and have the same goals?

Characteristics of Traditional Successful Christian Relationships

1. Level of Maturity – Deferred gratification is active; contract/covenant is basic; Christian values are in place; spiritual, mental and emotional maturity are present.

2. Character – Ethics and ethical behavior are the norm - Do what you say, when you say you will do it, with honesty, reliability, integrity and loyalty.
3. Commitment - Willingness to commit is primary, to stick with the relationship and be accountable – for better or worse.
4. Expectations – Minimal. Basic. Biblical. Hollywood romantic myth is not primary. Modus operandi is to give rather than get, to not be primarily self-referencing or self-protective, with no expectation of a continual emotional high, or a happy ever after fairy tail.
5. Secular Humanism – Cult of selfish – all about me, worship of childishness, revolt against maturity does not exist.
6. Romanticism – Hollywood Romantic Myth, Infatuation Spike, Honeymoon Over, Stimulation Addiction is not on the active radar screen.
7. Polarity confusion – Non-existent. Gender issues, authority and roles are biblical and equitable. Economic teamwork exists, as does individual responsibility and accountability, self-government coupled harmoniously and synergistically with teamwork. Boundaries are established and respected.
8. Languaging – Think first, hold tongue, then speak the truth in love, with emotions a supporting cast only. How one says something is just as important as what one says. The antithesis is to speak one’s mind and say whatever one FEELS like saying, which is a relationship disaster. Movies and television emotional languaging and vulgarity are an anathema.

Relationship Myths

Myth # 1 – “All you need is love.” – Wrong! The Beatles had it wrong. And so is the concept of unconditional love wrong except when it comes to babies, infants and small children. In fact, unconditional love should not exist between marital partners, period. The relationship needs instead to be covenantal, with established boundaries if the relationship has a prayer of working successfully long-term. Romance never carries a relationship long-term, Hollywood romantic fantasies to the contrary. Commitment is what carries a relationship long-term through serious interpersonal struggles with life, through personal and circumstantial issues, using proven interpersonal relationship skills that must be learned to cope with the relationship challenges. These skills do not come naturally. Being practical and asking clearly, kindly and respectfully for what you want, need and like, and asking clearly (but kindly and respectfully) also for what you do not want, need and dislike, along with what you need to feel loved, with clearly defined boundaries, are what work in successful relationships. Communicating kindly and respectfully and meeting each others’ needs are what hold relationships together long-term. It also helps if a couple has all three circles of human relationship in harmony – inner circle family intimacy, second circle friendship, and third circle mutual professional work support. (Love has two components, the masculine aspect of commitment and the feminine aspect of romance. It takes both. Commitment without romance is drudgery. Romance without commitment is like destructive wildfire. Men rightfully give commitment to receive romance. Women rightfully give romance in response to commitment.)

Myth # 2 – “People don’t really change.” - Wrong! Just ask any man who has been married longer than seven years how different his wife is today than when they got married. Plus, men go back to being who they were before they wined and dined their wives. The truth is, both partners and relationships can and

do change. Relationships are seldom static for long. Because most people do not have the tools to bring about meaningful change in themselves and in their relationship, they spin their wheels in unproductive efforts, often making matters worse. This creates frustration, and then they give up hope, and harbor despair about changing their relationship. Change begins by changing yourself. First, try giving more and/or something different to your relationship partner. Forget what's in it for you. Forget protecting your rights first and foremost. Forget seeing yourself as a victim. Successful relationships are about mutual giving anyway as primary. If you do what you have always done, nothing will change. Learn relationship skills. Like anything else that is done well, relationship skills have to be learned and practiced. Relationships are not romantic magic. They require work, and there are time-tested skills that help make a relationship better.

Myth # 3 – “You create your own family legacy when you get married.” – Wrong! When you marry, you marry the family of your significant other. These “*family values*” were programmed into our subconscious when we were young, and they are the “*monkeys that pull the strings in the dark*”, particularly as we get older. We all tend to model our families, for better or worse, like how we grew up. That is our natural default mechanism, particularly under stress. This is why inner circle relationships (intimacy/family) are so much more difficult, and have entirely different dynamics, than second circle (friendship) and third circle (professional) relationships. This is why it is often wise to marry someone who had a similar upbringing and family dynamics, born in a similar tribe, as it were, if the family was not terribly dysfunctional. It is tough sledding bucking your family. If we can develop great relationships with our in-laws, we can probably get along well with our spouse long-term. Good in-law relationships strengthen marriages.

Myth # 4 – “My significant other does not know how to listen regardless of how much we talk.” - Wrong! There is a real difference between talking and communicating. We can talk ourselves into the ground and not communicate. We need to recognize that feelings are conditional; feelings are responders, and we must identify the root, the cause, the values behind our feelings, so we can determine if our feelings are helpful or harmful. Why? Because everything we hear said is first filtered through our feelings subjectively. This is why just expressing our feelings with brutal honesty usually creates more problems than it solves. It simply does not address the issue, but instead compounds and complicates it. It seldom works to use our version of the truth to hammer our partner, either. We need to learn the tools on how to express ourselves, learn how to listen, learn how to handle conflict, learn how to solve problems, and respond to make communicative progress in our relationship. Otherwise, more times than not, how we were raised and how we talked in our family govern our conversations, along with what we absorbed from our culture, peers, school and work.

Myth # 5 – “Being equal in a marriage, an egalitarian marriage, is easier and works better than a traditional marriage/relationship.” - Wrong! There is no such thing as equality, except maybe under the law in times past, but certainly not in a relationship. People simply are not equal. We all have different strengths and weaknesses in varying degrees. And our partner is not us, so by definition, we are different and therefore not equal. We are not clones of each other. What we can instead work toward is equity, fairness, where we need each other in our relationship partnership, and then synergistically trade off what we do best for what our partner does best. The division of labor between partners should be determined fairly, with equity, and by who wants to do what, and who does what best. It is the expectation of equality that do many relationships in. Paradigm conflicts, unfulfilled expectations (versus acceptance), feelings as primary, feelings of insufficient appreciation, stuffed anger and

resentment ever building – all this ferments in the increasingly boiling cauldron of the relationship nest, eventually destroying it.

Myth # 6 – “Children complete the family, solidify the marriage, and bring the spouses closer together.” - Wrong! Let’s face it. Babies, infants and children take a lot of time, are demanding, selfish and stressful by nature, all of which increases the stress in the marriage and gives the partners in the marriage less time, less reserves (of all types), and more difficult issues to face (including differences in child raising techniques), which in turn increase the strain on their relationship. Far from being a solidifying force to the relationship, children are usually a threat to it. It is even worse if a parent is foolish enough to place the importance of the child before his/her partner. Such is a stake in the heart of a relationship. Partners today already have enough difficulty finding quality time to spend with each other. A child aggravates that existing stressful situation, consuming time, physical, emotional and financial resources. And if the partners make the child the centerpiece of their relationship, they program the child with an unrealistic, often spoiled, world and life view, and further set themselves up for a real crisis as a couple, because by focusing on the child, they avoid dealing with their own issues and nurturing together as a couple. They apparently do not need each other, as long as they have the child. This is a disastrous role model for a child and sets the stage for an eventual inevitable relationship crisis.

Myth # 7 – “The sexual revolution has made great sex easier and better than ever.” - Wrong! Great sex comes from knowing your partner intimately at all levels - spiritually, mentally, emotionally and physically, from deep-seated caring and connection, from selfless attentiveness, from the relaxed security of knowing you are respected, cherished, loved and safe both physically and emotionally. Of course, external life stress and/or martial conflict interfere with good nurturing and satisfying sexual intimacy. Plus, all the fantasy perfect romances and sex of Hollywood get carried into the bedroom where tremendous manifestations of unreasonable expectations occur. What man can measure up to the sexual screen myth of James Bond? What woman can consistently successfully perform at a “10”? And the modern Hollywood-instilled mythology is that if your partner does not measure up to your expectations, well then, “*Next*”! The myth is that there is someone else out there who will meet your expectations, be your perfect soul mate, give you unconditional love and ecstatic sex, and you are missing out. Such an unrealistic expectation leads to a roiling, churning, gnawing lack of fulfillment, in an exhausting never-ending pursuit of a romantic sexual illusion – the perpetual perfect “10” for men, “*James Bond*” for women.

The church, the law, the extended family, the culture – all used to help hold marriages and families together. Today, these pillars of nuclear inner circle family support are all but gone. Commitment has given way to romance exclusively. It used to be the balance of commitment (masculine) and romance (feminine) both held marriages together. No more. Today, it is all the quicksand of feelings and romance. The clear role distinction of the providing respected father and homemaking cherished mother is extinct. Today, the extreme fall-out of the decadent Romantic Age rules. Both males and females hop in and out of beds and in and out of relationships and marriages like popcorn in an open popper. Dating has too often become a high stakes physical, emotional and financial game, where “*whoever loves least is in control*,” where whoever controls the bank account is in control, where selfish expectations of “*me, me, me*” rule – wanting it all – the perfect match that produces the perfectly fulfilled “*me*” in every way! We want to “*be all we can be*” in every way, and it is the solemn duty of our partner to ensure we achieve that lofty ambition, or at least not frustrate or distract our personal self-fulfillment efforts. Forget that relationships are inevitably about a clash of wills, values, goals, money, sex, children,

family, in laws, work, leisure time, location, home details and expectations. Forget empathy, understanding, acceptance, sacrifice, and service. Perfect compatibility today is the uncompromised immediate expectation of instant gratification and fulfillment. Less than perfect compatibility is not tolerated. Great Expectations are alive and well in the dating world of today. The myth that our perfect soul mate awaits us out there to complete and fulfill us in every way lies at the heart of the modern romantic myth. The historic tried-and-true norm that successful relationships are about sacrifice and service to each other has been jettisoned. Those who stay committed are ridiculed, considered cowards, made to feel ashamed of their less-than-perfect partner and their imperfect relationship, embarrassed that they are not blissfully happy in their union.

No one can live up to, or consistently obtain, this wildly excessive modern expectation of total self-fulfillment, boundless passion and endless happiness. But wait! Didn't the US Founding Fathers guarantee us the "*pursuit of happiness*"? Uh oh! ...Excess emotional expectations often collide with the practical realities, demands and limitations of life. The expectation in a relationship of consistently getting stimulated, of being high (like getting high on booze), demands an addiction to the endless pursuit of something new and different time and time again to quench the incessant craving - more relationships, like more booze, needing an ever-new "*fix*" to feel good. The result is seething dissatisfaction with partners, and an ever-present wanderlust sense that the perfect partner and soul mate awaits us out there if we can only magically romantically find him or her. The dark forces of adultery, prostitution, romance novels, soap operas, fantasy romantic TV, movies and pornography often fill in the disappointing gaps. Forget dealing with our true vulnerabilities and weaknesses that only can surface in the intimacy of a long-term committed inner circle relationship. So today, few people indeed are ever loved for who they are. So, we short circuit any real opportunity to discover the depth and meaning of true human fulfillment that only comes in a relationship personally, intimate at all levels, inner circle with a significant other, just as it only comes professionally in our yielding service to the marketplace. No, instead we live in the shallow superficial, toxic waters of romantic life, of media-mimicking sex and appearance substituting for real relationship and substance. Thus, our dissatisfaction with our present partner morphs into an ongoing selfish critique of his/her shortcomings, warped by our selfish and excessive personal expectations, eroding the relationship. This leads to a commitment limbo of "*settling*" for our present partner temporarily until something better comes along. Partners are swapped, traded, and exchanged like commodities, like pork bellies. No wonder they call the singles' dating game today a "*meat market*". It is.

In today's dating world then, no one is right for any one for long. So, there is no real commitment today, no loyalty. There is no stable acceptance. There is accordingly no love. There is only selfishness, which the Koine Greek Bible tells us is "*the root of all evil*". Today, the bitterly ignored eternal truth is there is not, and never has been, a "*happily ever after*" that comes from external stimulus. Joy only comes from above and within and radiates outward, as God has long told us. When such joy is first in place, then we have the capacity to enjoy and appreciate trappings of life, as well as flourish in a meaningful and mutually fulfilling inner circle loving relationship with a partner.

Note: The above essay is an inspired take-off and repackaging from an article by Polly Shulman in March/April, 2004 Psychology Today.

Relationship Talk

Introduction

<u>MAN</u>	<u>WOMAN</u>
House - foundation, framing, siding, roof	House interior
Sun (Mars)	Moon (Venus)
Buffalo	Butterfly
Highway	River
Vector	Matrix = Vortex
"Get to the point" (flashlight)	"Paint a picture" (kaleidoscope)
West - Linear	East - Holographic
Romantic posing as a realist	Realist posing as a romantic

Attraction = Magnetism = + -

The greater the polarity/difference, the greater the attraction!

Dancing (other up close and personal activities) – Feel good
Clockwise and anticlockwise vortices/Positive and negative polarities
(Davis & Rawls – The Magnetic Effect, Columbia School of Medicine)

A. OK to be Unattached!

Attachment Considerations (a major life decision)

1. Freedom – What is it worth? A relationship means sacrificial teamwork.
2. Hassles – None on your own. Have to think and act together jointly in a win-win fashion.
3. Expenses – Finances, debt, net worth, surprises? Two can only live cheaper than one if both work!
4. Is what you see really what you get, and does it stay that way? Risk increases with age and life complications. Men seldom change. Women usually change.
5. Extended family issues – Elderly parents, children, grandchildren - all are an ongoing consideration.
6. Legal issues – Divorce, live in, claims. Past baggage?
7. Easy to enter, hard to exit. It is easy to get into most things in life, but often difficult to exit them.

This applies to relationships.

8. Issues - Commitment, trust (all levels) – Values, Common Interests, Goals. There is only a good relationship if both parties are mature.
9. Time consuming hard work, then pain of loss eventually when one dies. Relationships are a full-time job, requiring a commitment by both parties that it comes first.
1. 10. Support groups – Nanny state, friends, family exist. A good relationship is interdependent, not independent, not co-dependent. $1+1=3+$ (synergy) is basic to a healthy relationship.

(Besides, we first have to be OK on our own and have something to give before we are ready to have a successful relationship.)

B. Three Circles of Relationships

Essence and Communication Differences

1. Outer Circle – Professional/Job – Competition, ++ Masculine, Time Demanding (Effective and Efficient)
2. Middle Circle – Friendship - ++ or - - No chemistry. No commitment. Mutually self-serving.
3. Inner Circle – Family/Relationship/Dating – Cooperation, + -. Nurturing.

The unity of self with another – intimacy. What makes one successful professionally is poison to an inner circle relationship.

- a. Basic emotions – sad, mad, glad and scared (3 are naturally negative)
- b. Fear of rejection, fear of abandonment, fear of chaos, fear of loud noises
- c. How we do father, mother, love, money, sex, God
- d. Womb based needs – control, approval, security
- e. Value and/or emotion/feeling based primarily – basic subconscious programming kicks in
 1. delta, theta, alpha brain waves

*primal reptilian brain/brain stem/basal ganglia – survival;

*limbic system – emotion, fight or flight, feelings, irrational;

*neo cortex – thinking, logical, rational, reasoned

Individual vs. collective herd instinct - When we are around someone else our thinking actually changes. A different part of the brain kicks in, not just cerebral cortex, but also the emotional pre-rational brain - limbic system, and the primal brain stem.

Our thinking is inescapably influenced by others!

(Source: Gregory Burns, MD, Emory University, MRI)

C. Communication/Languaging

1. 80% is nonverbal – Words can lie, but not body language.
 - a. Limitations to letters, e-mail, phone calls in terms of real effective communication.
 - b. Nonverbal language of love – sacrificial service, quality time, unsolicited gifts, non-sexual touch, plus words of affirmation (5:1 positive). Criticism creates bullet holes.
 - c. For women – Emotional security, financial security, chore assistance, repairs, cherished, open honest expression of thoughts and feelings, non-sexual touch (Men , make love first to her heart and mind.), Being in control for a woman is deadly, women’s core sin, burns her up and emasculates a man. Eve’s sin.
 - d. For men – Respect, sex, companionship, an attractive lady, peace and harmony – no hassles, Irresponsibility is man’s core sin leads to lack of respect, emasculates himself. – Adam’s sin.
 - e. What is most important to you from a potential significant other? Touch, deeds, words? 1-10?
2. Best if all communication is brought up to the level of verbal communication.
 - a. It is both lazy and unprofessional to guess when the information is available, so ask! None of us are mind readers. Life is not a romantic fantasy. Hollywood is the divorce capital of America!
 - b. Magic Elixir/Cure-All/Never Fail/ Fail Safe Solution to Communications at all levels –

ASK A QUESTION, ANY QUESTION, KINDLY AND RESPECTFULLY!

Only two ways to communicate – head on (conflict), like two rams butting heads, or side by side (cooperation), like airplanes flying in formation

Follow up: “How important is this to you: 1-10?”

Determines intensity and degree of importance – emotional charge to potential significant other

- c. Women use 3 to 5 times the # of words as men, and the emotional impact is up to 15 times as great on a woman. Women are not linear.
 - i. Lesson for Men: You cannot be too gentle, soft and kind talking to women.
 - ii. Lesson for Women: If you talk like a man, in your masculine inner circle with him, you do both harm to yourself and to the man, and you open yourself up for conflict. Plus even if you win, you lose.
 - iii. Men thrive on praise and appreciation – feeling like heroes.
 - iv. Women want to feel emotionally, financially and physically secure.
 - v. We all want to successfully access someone else’s emotional biological computer.
 - vi. The choice: Be yourself and fail? Or learn communication and relationship skills and win.
- d. Ask for what you want, need and like? “Would you please... because ...?”
 - i. Ask for (say) what you do not want, need and like? “Would you please not...because...?”
 - ii. Positively reinforce what you like. Do not positively reinforce what you do not like.
- e. Women, ask a man what he thinks (+). Men, ask a woman how she feels (-).
 - i. (Respects left and right brain primary sexual differences in men and women

respectively.)

- f. Consider that the potential significant other you are talking to is your best client, customer, patient, etc. Talk to them as such. We only attract and hold people by meeting their needs.

D. Conflict – When the fat hits the fan

1. Inevitable where there are two or more people
2. Friends come and go but enemies accumulate
3. Whoever loves least is in control – default program
4. Best to establish the means of consensus and who has the final say, on what, ahead of time. Common values and beliefs lead to common thinking, feeling and acting.
5. Resolving Conflict
 - a. Discover intent, gather facts, before getting your feelings hurt and before launching into conflict
 - b. 80% of conflicts can be avoided if this technique is first utilized – Discover intent! Ask!
 - c. Plus, discover: Is it situational or personal? Is it short or long term? Is it value based?
 - d. Defuse the emotional charge – “Beep”, call a “time out”.
 - e. Active listening; restating; coming along side; gentle touch; agreeing; validating the other; asking questions kindly, gently and respectfully; proposing solutions respectfully; reaching consensus or rescheduling for later discussion. Sometimes it is better to be kind than truthful, if the truth has no benefit long term. Use NLP.
 - f. Setting – not at meals, or in the bedroom, or in the car.
 - i. Have a meeting room; go to a coffee shop for conflict resolution.
 - g. Arguing mindlessly does not work, nor does name calling, swearing, interrupting, telling someone they are wrong, giving unasked for or unsolicited advice, or emotional or physical abuse, or violence.
 - h. Teasing – maybe, but only if done lovingly AND the other sees it as a form of affection
 - i. Killers – Criticism (OK to complain), contempt, stonewalling, defensiveness
– John Gottman, Ph.D, The Seven Principles for Making Marriage Work
 - j. Repair Mechanisms - Do NOT let the sun go down on your wrath!

E. Summary

Attraction = + - ,not ++, not --. (like with magnets +-)
(Other than people, only dolphins have recreational sex.)

Two Components of Love

Covenant	+	Romance
(Drudgery on its own)		(Wildfire on its own)
Maturity		Infatuation Spike is not love (up to 1 st 18 months)
Chips are down- stick.		

5 Perpetrators of Romance

1. Words of affirmation – languaging –Care to hear? People do not care to hear until they first hear that you care.
1. Buttons pushed and held.
2. Non-sexual touch – ongoing foreplay, caring.
3. Unsolicited gifts – little things mean a lot.
4. Quality time – time=life=energy=money=spirit.
5. Sacrificial service – Relationships are about service.
6. Are words, deeds or touch most important? 1-10.

A good time Charlie/Charlene is all you have if your significant other does not pitch in and make things better when the going gets rough.

Synergy

Two together have to equal much more than each individually, or the sum of each individually. So, 1+1=3 plus some.

Choice

Selection, is key front end to success. (This is just like in buying real estate at the right price at the right location. Choosing the right partner is the most important factor in relationship success.)

Have to already have a life. Know who you are? OK with yourself? OK alone? Winning in life?

Can't be needy or dependent but able to stand on one's own two feet and make a positive contribution to the team.

Must want a relationship and be able to be a team player.

(Never married, male or female over 35 – usually huge relationship issues with the opposite sex, often going back to opposite sex parent; inflated expectations; inflated sense of self-worth; no thought to making a contribution; delusional – living in own selfish world)

TEEARS - Acronym of successful relationship characteristics

Trust

Empathy

Excitement

Acceptance/Appreciation

Respect

Sex/Chemistry

The “C” Aspects of Successful Relationships - Commitment, Companionship, Chemistry, Communication, Covenant, Contract, Character, Cooperation, Conciliation, Cash

Languaging

90% of couples that stay together can be predicted based upon how they talk to each other. - Dr. John Gottman, U of Washington

Basically two ways of communicating – 1) Conflict (butting heads like two rams); 2) Cooperation (coming along side, flying in formation like two jets in combat, united in the war of life) (A team

divided against itself cannot stand.)

Kindness in words really helps knit strong relationships.

Humor, Laughter – A huge plus!

Repair mechanisms – A must! Forgiveness. Support. Men are always heroes – win/lose/draw. Women are always lovely.

Active listening, particularly when it is the significant other's hot issue. Stay passive, in the feminine, responsive. Ask questions.

Golden Rule of Communication - Asking questions kindly and respectfully.

Notice use of verb tense – past, present, future. Stay in the present – stay alive and conscious. I/me/my, you/yours OR our/ours/us.

OK to complain, not OK to criticize.

Ask 1-10 How important is it to your significant other, to you?

Beep! – Alarm for emotional hurt! (repair mechanism) *Time out!*

Everything must be brought up to the level of verbal communication.

Talk out conflicts at an agreed to time and place, when both are rational, rested emotionally and physically, stable, at an emotionally neutral location. Avoid conversation minefields!

Men – think. Women – Feel (Maintaining polarity is important.)

Service

The crux of a successful relationship

Based upon talent, skills, motivation and aptitude

Appreciation – What everyone needs. Praise seven times more than you complain.

Meet each other's needs – What does your significant other need specifically, uniquely to feel loved?

Give them what they need lavishly! (Can you give it? Do you want to give it? Find out before making a major commitment like marriage.)

What do you have to offer to keep them excited about continually “*shopping in your store*”, voluntarily, with free will, not control?

(Hints for Men: Women are big on being cherished, feeling safe and secure physically, emotionally and financially, being heard, on open and honest communication of thoughts and feelings, honesty, reliability, faithfulness, feelings validated, home and family orientation, men fixing things and doing the dirty unpleasant tasks, valuing and using her input in decision making.)

(Hints for Women: Do you make his life better with you in it than it is on his own or with any other woman? Do you keep your life together, fun, easy, exciting, interesting? Does he feel respected by you, like a hero, like a king, regardless? Can he count on you to stick by him through thick and thin? Do you let him have the final say? Do you encourage his freedom to do his own thing [not infidelity], provide companionship in his interests, avoid nagging, hassling and high drama, support his down time, balance together and apart time, keep yourself attractive with a creative satisfying sex life?)

Fact of Life – Nearly all men cheat in their minds, due to their natural need and instinct for sex and to procreate. Men choose, however, not to cheat because: 1) Spiritual maturity and covenant keeping – it is ungodly and wrong to do so; 2) Don't want to hurt the woman they love; 3) Satisfied at home; 4) Don't want to damage or lose a good thing, what they have. ...Men are about bragging rights to other men.

Important Perspectives – Slaying Myths, Misconceptions and Sacred Cows

Competition is not all it is cracked up to be, and has no place inner circle in healthy relationships. That

means you are partners, working together, Competition is an anathema to the foundations of love inner circle. Competition is of its very essence loveless, stressful, selfish, status based, and win-lose; contrary to the essence of God, who is love, contrary to what creates the dignity of individuals and the wealth of nations, which is the specialization and division of labor leading to trade, where each individual first pursues and develops his/her own talents, based upon motivation and aptitude and then contracts out the fruit of his labor/production. ...Competition is valid in games (too many of those today), in the paradox of competition among producers to serve consumers in the economic marketplace (shopping malls, motor cities), for self-improvement (open system best – let God’s Word and the Holy Spirit change you rather than war with yourself within to change), for protection of person and property (property is an extension of the person), and for enforcing covenants and contracts (the two bases of all sound religions). Therefore, competition is valid for games, competition to serve others, for internal self-improvement, for self-defense, lawful disputes, one and many conflict resolutions, national defense, and for maintaining the peace. Competition has no place in inner circle relationships. It is poison. Never compete with your significant other in anything.

Unconditional love is only valid and unconditional when encompassed first by the covenant, and even then has limitations. God’s love is covenantal, not unconditional. God the Father was not free to love mankind, instead the wrath of God rested upon mankind until Jesus Christ first paid the price of mankind’s sins at Calvary, Jesus fulfilling the covenant on behalf of mankind with God (propitiation), setting God free then, and only then, to love mankind unconditionally by then seeing redeemed mankind as “*in Christ*”. ...God gave mankind the Old Covenant (Old Testament) and the New Covenant (New Testament). ...Our law does not promote unconditional love, and the source of law is the god of any society. The US Constitution is a contract between “*we the people*” and the national government. Our law first looks at the facts of the case, justice, and then tempers it with mercy, an aspect of love, and intent. ...There may exist in inner circle relationships mental attitude unconditional love, but real world sanctions apply when there is attempted murder of a spouse, child molestation, incest, adultery, cannibalism of family members, etc. ...There is not unconditional love in most relationships that do not operate by godly relationship rules and proven complementary relationship advice, where “*whoever loves least is in control.*” ...Indeed, divorce today, so common, is clear evidence of the shattering of the romantic myth of unconditional love, where supposedly romantic “*love conquers all*” – not, ...as opposed to grounded covenantal love and the decision and commitment of the two individuals’ wills to love each other. Divorce shatters the false expectations of unconditional love, preceded by the honeymoon being over, as expectations of entitlements shrivel, as the reality of necessary mutual contributions arise, as they inevitably do in all relationships. The natural tendency of men is to be irresponsible. The natural tendency of women is to be dominant. These natural tendencies, either or both if yielded to and followed, produce lose-lose relationships.