

Romantic Workshop #3: ROMANCE

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For this exercise each of you are going to take part in learning what romance is all about. After reading the following text you will each be given instructions on how to conduct yourselves for one entire week, and with a little effort these ways will become second-nature to you.

Romance is a self-chosen state of mind in which you choose to dedicate your life and thoughts to your life-partner. Your own needs and desires take a back seat with this state of being. Things you do for yourself are actually done for your loved-one, such as self-improvement, grooming, and confidence-building. There is no better state of co-habitation than one that is filled with romance. Arguments are few, life is more joyous and fun and you are each more likely to enjoy each other's company for a long time to come.

Romance is essentially the continuous practice of converting your feelings into thoughtful efforts. It is also a state of mind where you are more than alive with love of life which is directed toward your life-partner. Your love is best expressed in actions taken rather than strictly words spoken. Of course you will employ both actions and words, but it is the actions that speak the loudest. Your romantic demeanor is communicated to your partner through a gentle touch, a genuine smile, a tender look, a loving gesture, a thoughtful gift, attentive listening, frequent dates, a heartfelt compliment, and kind words of encouragement and support. A good sense of humor is also a must for a balanced relationship. A good romantic relationship is born of trust, forgiveness, understanding, gratefulness, a pure sense of giving and leads to an ever-growing bonding. It is a way of life which tends to rub off on the other partner where soon both parties are recipients of a constant state of romance.

You must ask yourself if you can leave behind petty selfish behavior before you can successfully embark on this journey to duo bliss. It must also be understood that life has its bumps and pitfalls regardless of your romantic state of mind but most of these obstacles can be less bumpy if you as a couple can work as a loving and equal team to overcome them. You should never bring up past grievances if they have already been forgiven. If new behavior becomes an issue, a gentle, concerned conversational approach should be employed rather than a shrill or

angered attack. That is not to say that anger will never enter your life again but when it does it must be controlled. Share your anger with your partner in a sincere manner so that you can both work together to release it in a constructive way. Anger management will be covered in more detail in another Intimacy Exercise.

Now it is time to give instructions on how you will each conduct yourself for the next seven days. These instructions are meant to help each partner in your relationship practice ways to bring joy into the life of the one you love. The concept is: his joy is my joy and vice-versa. The first thing I want both of you to do is to re-read the text preceding these instructions. Discuss the text with each other and ask yourselves if this is something you both really want to do. If true love is already present in your relationship and you are both willing to put forth some effort on these exercises then romantic bliss and harmonious happiness is in your near future.

Instructions for him:

Lift her burden of at least one household chore, and if possible, for each of the seven days of this exercise. Try to choose the chores that you know she dislikes the most. She will love you for it! Do it with a cheerful attitude that shouts “I want my love to be happy!”

For the next seven days make a sincere effort to be cheerful and fun to be in the company of. Don't pass up a chance to give her that love pat on her bottom, an extra squeeze-hug in passing, a sincere compliment on her looks or to tell her how much she means to you.

Use your notes from exercise #1 to buy her one special gift at some point during this seven day exercise. The timing of presentation is important. Choose a time when you are both relaxed and are free from any household task.

Instructions for her:

Make a conscious effort to look and dress good for your husband/ boyfriend for the next seven days. Women sometimes save their good clothes for when they are going out of the house and put on their less appealing clothes around the house.

Try to wear things that are alluring, clothes that you would have worn to catch that man you are now sharing your life with.

If you are in the vicinity when he is in the shower you could reach in and scrub his back for him. Take the opportunity when possible to whisper in his ear how much you enjoyed your last lovemaking session. Make frequent overtures and or teases that say he is desirable and sexy. Make a seven day effort to be playful and fun for him.

Sometime near the end of this seven day exercise you should suggest to your partner a specific date you wish him to take you on. Choose a date that you have wanted to go on for a long time.

Use your information sheet from exercise #1 to choose and buy your loved one a gift. Give it to him while you are on your special date.