



Pavel Šlajs

# Dating Guru: Lost Chapters 2

From Love To Sex Addiction

## **Disclaimer**

This e-book has been written for information purposes only. Every effort has been made to make this ebook as complete and accurate as possible.

However, there may be mistakes in typography or content. Also, this ebook provides information only up to the publishing date. Therefore, this ebook should be used as a guide - not as the ultimate source.

The purpose of this ebook is to educate. The author and the publisher does not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions.

Some of the links in this publication can be affiliate and author can get comissions. Thank You for your support.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this ebook.

## **Author**

Hi, My name is Pavel Šlajs and I'm international author from Czech Republic also recently consul for Prague Singles Group who loves sharing knowledge and helping others on the various topics and it's Dating in this case. This is part of my 2nd trilogy

## **Dating Guru: Lost Chapters**

First part you can get here: [Dating-Guru-Lost-Chapters](#)

I'm a passionate person with strong motivation based on true human values who always go the extra mile and over-deliver. I also believe in "Walking the Talk".

## **Words of wisdom**

There are no secrets or shortcuts to becoming successful in life. There are just temporary "loopholes".

I believe the result to true success in life is the result from hard work, the preparation, persistence and the most important of them all. **Learning from the failings** and taking action in the right direction.

Strategy is long-term, tactics are temporary.

If you would like to learn more from me, please visit:

[DatingSolved.Com](#) or Get My Official Book on Azon 😊

Send me DM at @pavelšlajs1

**Thanks Goes To my Family who are always supportive. My friends!**

**& Girls I never forget.**

# Table of Content

<b>Introductory .....</b>	<b>5</b>
<b>How to Send the Right Social Signals .....</b>	<b>14</b>
<b>Chapter 1: Killer Love Phrases.....</b>	<b>21</b>
<b>Chapter 2: Tips For Loving In The Fast Lane.....</b>	<b>25</b>
<b>Chapter 3: Seduction Tips.....</b>	<b>27</b>
<b>Chapter 4: Build a Romance Bridge .....</b>	<b>29</b>
<b>Chapter 5: Communication In Romance.....</b>	<b>31</b>
<b>Chapter 6: Dating and Relationship Tips.....</b>	<b>32</b>
<b>Chapter 7: Friendship And Love.....</b>	<b>34</b>
<b>Sex Intro .....</b>	<b>35</b>
<b>Chapter 8: A Guide on Sexual Health and Aging .....</b>	<b>36</b>
<b>Chapter 9: Creativity Fuels Sex Life .....</b>	<b>38</b>
<b>Chapter 10: Body and Mind-Sex and Stress .....</b>	<b>40</b>
<b>Chapter 11: Do You Attract The Opposite Sex? .....</b>	<b>42</b>
<b>Chapter 12: Female Orgasm During Sexual Intercourse .....</b>	<b>45</b>
<b>Chapter 13: Is Safe Sex Really Safe? .....</b>	<b>46</b>
<b>Chapter 14: Kickstart Your Sex Life Today!.....</b>	<b>47</b>
<b>Chapter 15: Sex Addiction .....</b>	<b>50</b>
<b>Recommended Resources .....</b>	<b>68</b>

## Private Launch! Get It Now Or Miss It Forever!



My friend Gabrielle is a well-known sex expert with a unique approach on sexuality and she focuses on helping men and women to completely transform their sex lives forever. She takes hot models in her courses to get entirely naked while they teaching you in this case everything about fingering in the last Episode of her show!

>> [Gabrielle Private Offer](#)

## Introductory

---

If you want a better, happier life, then you should learn how to manage your relationships.

Think back to your happiest moments. *Where were you? What were you doing?* The facts might vary from case to case, but one thing will almost always remain constant: you were probably with other people.

Relationships allow us to share our experiences, which in turn gives them meaning and color. Relationships help us to discover and enjoy more experiences in the first place. And our experiences give us emotional support, laughter and so much more.

For many of us, the most important relationship in our life is the one we have with a romantic partner. This person is not just a sexual partner, but a best friend that we can share our adventures with, who makes our home into a safe and happy place and who supports us in everything we do. When you find love, it means never being truly alone again.

And of course, relationships are also important for getting by in life too. The way we manage relationships in the work place will help us to get ahead, to gain promotions or to just be happier in our careers. Relationships with friends help us to build memories and also build our sense of confidence and self-worth.

In short, if you become better at managing relationships, life becomes easier, more fun and more fulfilling. And yet this is something that many of us tragically overlook.

This report is going to help you put an end to that. Whether you're someone who currently struggles to be heard in relationships, or whether you're someone who is already enjoying meaningful and

rewarding interactions – you're guaranteed to learn something here.



## UNDERSTANDING THE EVOLUTION OF RELATIONSHIPS

### **Understanding the Evolution of Relationships**

Humans are pack animals like wolves or lions. This is an evolutionary trait, meaning that it has been 'selected for'. That is to say, that the traits that make us more social have turned out to help us survive and thus they have been passed from generation to generation. Meanwhile, the traits that negatively impacted our sociability ended up 'dying out' with each successive generation.

This evolutionary psychology can help to explain a great number of our interactions and therefore help us to better understand the different pulls and pushes that still affect us today.

So how exactly do social interactions help us to survive?

Firstly, socialising gives us protection. Larger groups are better able to defend themselves from attackers and predators. At the same time, they can more easily gain access to a larger range of resources. By being in a large group, an individual can protect themselves and provide themselves with the resources they need. There are more benefits besides these though too. Playing with friends and contemporaries for instance can provide a form of training and allow us to prepare for experiences we might have outside of the group. And work can also be more effectively completed when we pool resources, strength and technical skill.

Acts of kindness can be seen as being forms of trade – they allow us to ingratiate ourselves and thereby ensure our place within that group. Antisocial behavior meanwhile is behavior that jeopardizes the group at large or individual members and so the perpetrator risks being ostracized.

But this in turn means that we need hierarchy. In any social group, there needs to be some order and some organization to define the way that resources are shared out and to dictate the group's behavior. Thus, there will normally be some form of leadership and a social hierarchy beneath that.

And naturally, being higher in the 'pecking order' will give the best access to resources and the optimum protection. Those that are at the 'bottom' will generally be left with whatever is leftover and will have the least influence over group decisions.

### **A Look at Primitive Cultures**

Looking at primitive cultures and their social structures can help us to get a better idea of the evolutionary roots of our own.

With that in mind, the most common societal structure we see in primitive cultures is the 'tribe'. A tribe is a collection of individuals, often with a very basic hierarchical formation. Tribes are made up of smaller groups called bands.

Bands are groups of hunter-gatherers that have some kind of perceived shared kinship. It is thought that everyone in the group has some kind of relation, whether this is a blood tie, a marriage, or a fictional historical ancestor. Leadership is normally informal but falls to the elders among the group. These groups are generally egalitarian and there is no sex-preference in terms of power share. Young mothers receive childcare support from their own parents, who remain nearby.

Tribes are similarly normally founded on the basis of a shared genealogy of some sort. Tribes also have some shared ethnicity or background, which again may be fictional. In some cases, the shared ancestor might be a totem. Either way, both forms of social structure are based on kinship. There is no economic class

difference. Tribes do have some social rank and prestige however, with certain individuals holding more power and influence over the rest of the group.

Chiefdoms are the evolution from this point, where some form of official hierarchy dominates. Some tribes have complex organizational structures with heads called chiefs. Some are stable, while others are unstable with constant bids for power and cycles of collapse and renewal.



WHAT DOES ALL THIS TELL US  
ABOUT OUR OWN RELATIONSHIPS?

Actually, it explains a whole lot about who we are. First and foremost, it explains why so many of us have a desperate desire to be accepted into a group and not to be rejected.

Essentially, this boils down to an evolutionary imperative. Once upon a time, being shunned by a group would have meant being left to fend for ourselves. That in turn would have meant almost certain doom!

One key thing to remember is that this is no longer the case. Most of us would like to think that we have evolved past our most primitive ancestors and so we should be able to overcome this urge when appropriate. And there are times when it is definitely

preferable that we learn to overcome the urge to fit in. Often the urge to 'fit in' can lead to us making foolish mistakes.

For instance, it is common for someone to agree with a group decision purely because that is the general consensus of the group and they don't want to go against it. This can lead to our own identity and individuality being suppressed and it has historically led to great atrocities.

This same trait explains what is known as 'convergence' and 'divergence'. Convergence is the tendency for the members of any group to become more similar to one another. Often, we see this in the workplace where a certain department might become more alike. Divergence meanwhile describes the tendency for two separate groups to become *less* similar to one another. This can eventually lead to cliques and eventually even a form of warfare between groups. It is one of the reasons that we are likely to reject those that are different and why any group can become more and more extreme without outside influence.

This ideological 'in-breeding' though is ultimately very bad for any group and will ultimately lead to its demise. Outside influence is actually needed in any system to prevent flaws from becoming exaggerated. This is important to remember.

Another reason we tend to reject outside ideas and individuals is based on our survival. From an evolutionary perspective, survival of the individual is *less* important than survival of the genes –

and even the culture! By spending time with people who are more similar to us and by having romantic relationships with people who are more similar to us, we actually strengthen the influence of our *own* DNA. Even if you don't survive, the others around you might carry on some of your similarities – and especially if you have bred with similar members of the tribe.

Again though, the irony is that outside genetic influences actually increase the health of your offspring.

Similar processes also explain one of the key things that prevents many of us from being happy: social comparison theory. Social comparison theory looks at our tendency to compare what we have to what other people have. Moreover, it looks at our tendency to measure our own success and our own happiness on the basis of what others have. You might have heard this under a different guise: keeping up with the Joneses!

The notion is that if you own a 15" flatscreen TV, you will likely be very happy with that TV and think of yourself as highly successful. But on the other hand, if you know your neighbor owns a 40" flatscreen TV, suddenly your own 15" becomes less impressive and you become less satisfied. You become unhappy.

We want to be *more similar* to others around us and thus we compare ourselves to them and use them as a yardstick of what we need to achieve socially. At the same time, we want to accomplish *more* than them, so that we can climb the social

hierarchy and thereby increase our access to food, shelter and mating opportunities.

You might be shaking your head right now and accusing me of bringing everything back to sex. You don't want a largescreen TV just so that you can have more sex! And indeed, you don't. But the reason that the urge exists is *linked* to the fact that it would have *once* meant more sex. There is a subtle difference.

And if you're entirely honest with yourself, you *may* find that this actually makes sense. After all, why else would you spend money on items like this? Do they honestly make you that much happier? Do you really need shinier things? Won't the lack of money just make you more stressed?

Our membership within groups and our social status is so driven by our need to be accepted and respected and this is so important to us... that ultimately it drives 90% of our behavior. Why do people take on more and more demanding jobs? In positions that they don't even enjoy? You say it is to support your family but in reality, it is more about status. After all, if you moved into a smaller home and lived more simply, you could probably support your family just as easily and be just as happy.

# HOW TO SEND THE RIGHT SOCIAL SIGNALS

## **How to Send the Right Social Signals**

Our innate understanding of hierarchy and acceptance alters the way we act and it motivates us to be 'people pleasers'. But it also impacts the way that we see others and the way we judge the behavior of others.

In short, we are hardwired to quickly make a judgement of any new person based on their appearance, their confidence, their dress-sense and their resources. When someone walks up to you, you quickly decide if they are a part of your social group – if they share kinship of some sort. From there, you then decide whether they are above or below you in the social hierarchy and therefore you decide whether you need to impress them.

We want to be liked by the leaders of our tribes because that helps us to climb the ladder and gives us access to more resources. Likewise, we want to be liked by the most attractive and popular members of the opposite sex because they carry the promise of raising our own status and also helping us to pass on better genetic material in our offspring.

This isn't conscious but it all goes on and defines the vast majority of our interactions with everyone you meet.

And it's understanding this and hacking it that will help you to raise your influence.

The problem is that we tend to have an evolutionary 'panic response' when we think we are under some kind of social threat. We hate being embarrassed in public, or being put in a situation that *may* lead to embarrassment. The reason is that this embarrassment could ultimately damage our reputation and therefore hurt our position within the group or even lead to our being completely removed from the group.

Remember: this was a *physical mortal danger* back in the wild. And that's why our bodies respond by producing adrenaline, dopamine, cortisol and all the other hormones that trigger the fight or flight response. We're ready for battle.

And what does that do? It makes us seem incredibly nervous. Which *immediately* prevents us from being effective in that social situation and ironically means we're more likely to stutter, to say the wrong thing or to otherwise embarrass ourselves!

This is also why so many people struggle with dating. They walk up to someone they fancy to introduce themselves, and they are *visibly* in panic. This makes it clear that *they* see themselves as talking to someone out of their league (the same thing happens when you talk to the cool jock or cheerleader at your school, or the CEO at the conference).

This in turn says to that individual that *they* are more important than you are and that you have nothing to offer. Your very bodylanguage is communicating that you are low in the social pecking order!

This is why it is so important to learn to *instead* stay calm in every situation. And it's why you need to act like yourself.

In the world of pick-up artists, there is a strategy called 'peacocking'. Here, a man will dress in something very strange – whether it's a bright pink, flowery tie or it's a white top hat. Either way, they are outwardly defying social convention (yes, even our clothing and style demonstrates our social skill and our rank within society) and this represents a breach of social norms. But by doing this, they demonstrate a lack of caring. It needs to be done in a way that observes good dress sense (thereby communicating that they're not socially impaired) but which is bold and confident.

This in turn sends a message that says that you aren't *concerned* about impressing others. And that in turn leads to the unconscious conclusion that this person must already have a lot of power, influence or resource.

This is also why the typical 'nice guy' act doesn't work on women and it's why they don't tend to get past the friend-zone. By being overly doting and complimentary, they come across as *desperate* and clingy. They *don't* come across as being confident and sexy.

That's why the 'bad guys' get the women. Not because they are bad, but because their disregard for social rules makes them appear confident which in turn makes them appear more *alpha*.

Your objective is not to be antisocial or rude then, but rather to know how to pick your moments when it comes to being different, going against the grain and marching to your own beat. This actually makes you incredibly attractive and especially if it is done in a way that is also friendly, outgoing and confident.

The best thing you can do to pick up a man or woman in a bar is to head over to them, smile, ask about their day, hang out with their friends and not act as though you're desperate for their attention.

*Seem* like you're not trying to get something from the social situation and you'll be much more interesting and ironically, you'll be more likely to get what you want.

Of course, this all comes with practice. It is easier said than done. And that is why it can be such a powerful thing to practice in consequence-free environments. Try doing stand-up comedy, speak to strangers in the street and generally practice breaking social norms such that you are still aware of them, but not beholden to them.

And when you can do this, you'll also find you become much happier. When you stop comparing yourself to others and start pursuing what *you* want. When you recognize that some of your

emotions are out of place, you can instead take a step back and just enjoy what you have and enjoy the *company* of others.

### **Forming Your Tribe**

And I'd like to end on a similar note. When it comes to happiness, we can learn a lot from the 'bands' that our ancestors live in.

These were slightly bigger than families but smaller than tribes.

They had rough structure but not a rigid one.

And if you want to be really happy? That is the format you should seek to emulate.

The fact of the matter is that we are social creatures and we like being in groups as long as those groups aren't competitive and highly structured. Think back to your happiest times and they would likely have been when you lived in larger family groups, or when you were at college and you all lived on the same campus.

It's a great feeling having a friend down the road but not having a boss to shout in your face. And waking up to a bunch of smiling faces. In fact, studies show us that just *seeing faces* in the morning or the evening can drastically improve our mood and our sense of wellbeing – which is one reason why we tend to hang pictures around us.

So, while you're trying to remove yourself slightly from the grind of trying to impress people and climb the social ranks, another tip

to boost your happiness and your relationships is to move that little bit closer and live in a small-ish group.

Live with friends and family nearby and focus on enjoying time with them without feeling the need to impress them. Find unconditional love and give it back in response without trying to get anything from your social interactions.

That is how you have truly happy, healthy relationships.

**Myrna, 38 and a successful physician, sought my help because she often felt inadequate. While she really valued herself as a doctor, she did not value herself in her important relationships with friends and family.**

In addition, she said she wanted to be in a loving relationship but she took no actions to meet available men.

In the course of our work together, it became apparent that Myrna rarely took loving action in her own behalf with her friends and family. For example, Jessica, one of Myrna's friends, would often get angry and blame Myrna when Myrna was not available for dinner with Jessica.

Myrna would feel guilty and responsible for Jessica's feelings and meet her for dinner even when she was exhausted from work. Myrna would feel drained after these dinners and depressed for a few days after, never realizing it was because she had not taken loving care of herself.

Myrna realized that the reason she was afraid to be in a relationship was because she had no idea how to take care of herself around others. She was terrified of completely losing herself in an important relationship.

She realized that if she could not speak up for herself with Jessica, how could she ever speak up and take loving action for herself with a man she was in love with? She realized that she would continue to feel lonely, anxious, inadequate and depressed until she learned to take loving action for herself.

Many people suffer daily from anxiety, depression, stress, and anger as well as from feelings of guilt, shame and inadequacy. The major cause of these feelings is a lack of loving action in their own behalf.

Loving actions fall into two categories: Loving actions for yourself and loving actions in relationship to others.

### **Loving Actions For Yourself**

Loving actions for yourself are those actions that attend to your own needs. When you take loving action in your own behalf, you are letting yourself know that you matter, you are important, you count. When you fail to take loving action, you give yourself the message that you are not important, which leads to feelings of depression and inadequacy.

#### **Loving actions for yourself might include:**

- Eating nutritious foods, avoiding junk food and sugar, eating when hungry and stopping when full.
- Getting enough exercise.
- Keeping your work and home environments clean and organized.
- Getting enough sleep.
- Creating a balance between work and play. Making sure you have time to get your work done, as well as time to do nothing, reflect, learn, play and create.
- Creating a good support system of people who love and care about you.
- Being organized with your time, getting places on time, paying bills on time, and so on.
- Choosing to be compassionate with yourself rather than judgmental toward yourself.
- Creating a balance between time for yourself and time with others.

- Making sure you are physically safe by wearing a seat belt in a car, a helmet on a motorcycle, scooter, or bike, goggles when necessary, and so on.

**Loving actions in relationship to others might include:**

- Being kind and compassionate toward others without compromising your own integrity or ignoring your own needs and feelings.
- Saying no when you mean no and yes when you mean yes, rather than giving yourself up and going along with something you don't want to do, or automatically resisting what another wants from you.
- Taking care of your own needs instead of trying to change and control others. Accepting your lack of control over others and either accepting them as they are or not being around them.
- Speaking your truth about what is acceptable to you and what is unacceptable and then taking action for yourself based on your truth.
- Taking personal responsibility for your own feelings and needs, instead of being a victim and making others responsible for your feelings and needs.
- Creating a balance between giving and receiving, rather than a one-way street with another person.

As a result of learning to take better care of herself alone and with others, Myrna no longer felt depressed and inadequate. She gradually lost her fears of being in a relationship, and is delighted to be meeting available men.

## **Chapter 1: Killer Love Phrases**

---

**To be in loved with a girl and start a relationship is a wonderful thing. Long term relationships are usually based on love, trust and**

**honesty. Even if honesty is very important in a relationship, sometimes may be hurtful.**

There are some things that can't be told to the partner because it may hurt her, or make her change the opinion about you. For example, some bad things you've done in the past, a truth about her that will make her feel bad if you tell her, and so on.

Even if you love her very much and you are getting pretty close, these things that can affect your relationship should be kept in secret. Sometimes you can best show her your love by keeping your mouth shut. So, before you start to be too confident and directly with her, you should take a look at these things that may destroy your relationship.

**Never tell her she is getting fat**

Even if this is true, you can't tell her this. It will make her feel very bad, and will think that you don't like her anymore. Think about how she would feel if you go there and say: "honey, you could stand to lose a little weight". Let her decide when is the time to lose weight because she will do it without you hurting her. In most of the cases when a man told her girlfriend that she got fat, he gets dumped.

**Don't tell her how your mother would have done things**

I know that for men their mothers always represent a model in life, but we have to admit that all the families are different. So, we have been raised by different kinds of parents and in different ways of life. Everyone is taught to do things in their ways and that's why you can't ask your girlfriend to do things or to live like your mother.

A woman can have her views and opinions, and all you can do about this is to tell her stories about how you were raised and how things have been done in your family. You should adapt at this new way of life, without comparing her with your mom.

**Don't tell her that you like to visit your mom too often**

Maybe in that moment you love your mother more than her, but you don't have to show it. She may think that she is competing with your mom, or worst, that you are depending on mommy. It is not at all in your favor.

### **Don't criticize her when she is trying to do her best**

This is the worst thing you can do. If she sees that she is trying hard to do the things fine and you begin criticize her, she would feel disappointed that you don't know to appreciate her for the fact that she is trying her best. So you should get over it, and offer you to help her in doing that job. Maybe next time she'll be doing better.

### **Never tell her if your family doesn't like her**

Even if your family dislike her, it is better to not tell her because she will get angry and insecure. This will create future problems and tension between her and your family. All you can do is to let your family know that she is the one you have chosen and they have to respect your decision. Try to make them change their minds about her.

### **Don't remind her about your ex in a special moment**

Never ever compare your dating nights or things you do together with the ones you have done with your ex. It might happen to go with her in places where you have been with the other, but don't remind her that. It is a hurtful thing for her to see that you are still thinking about the other.

Also, never compare her to your ex in bed. She will feel bad to find out that the other was better than she in bed. No woman likes to be compared to another, in any aspect.

### **Don't recognize if you have done bad things in your past**

If she doesn't find out already, you better keep your mouth shut; it is in your favor. If you tell her that you have cheated your past girlfriends, for example, she will have a totally bad opinion about you, and also feel disappointed. So, these things you shouldn't divulge.

### **Never tell her that a football game is more important for you than her**

Even if is an important game, don't tell her to let you alone in that moment because you are busy and don't have time for her. You better smile and

pretend that you are listening to her too, and try to catch the key words. She might ask you what she was talking to you to test you.

### **Don't tell her that you hate her friends**

Because she knows her friends for a long time that she knows you, it is not a good idea to tell her that she doesn't like her friends, or to say something bad about them. She may get angry about this, so you better pretend that you like them and everything is ok.

### **Don't ask her to relax when she is very angry**

When she is very upset, scared, or very angry the worst thing you can do is to ask her to relax. This will make her angrier because she will think that you don't take her in serious. If you upset her by making some bad things, if you just say her to relax she will understand that you are denying that there is a reason to be upset.

### **Don't tell her that you are insecure**

In a relationship or dating woman is looking after a strong and confident man. So, if you are insecure, or you are jealous on her because, for example, she has a better salary than yours, you have to keep this aspect just for yourself. She doesn't have to know it if you want that things between you to go well.

### **Don't declare your love during a fight**

The words "I love you" mean a lot for a woman that's why it should be said at the right moment. But most of guys say this during they have a fight with their partner, in the worst moment ever. When you are mistaking in front of her, and let's say that you feel guilty, you want her to forgive you, so you declare your love for her. It is a wrong choice.

She doesn't believe a word in what you say because she considers that if you really loved her you wouldn't upset her. You may say you love her but only after your fight is over.

### **Do not tell her that you like her girlfriend**

Maybe one of her girlfriends is very beautiful and you would like to meet her first, but your actual partner shouldn't find this. If you say her that her best friends look very good, she will feel hurt, angry and will never trust you around her friends. So, keep it secret and make sure to not be obvious from your attitude that you like staring at her girlfriend sometimes.

If you want to have a long and strong relationship you shouldn't permit that some things you may say to destroy it. Don't be completely honest about the things which should not be told.

## Chapter 2: Tips For Loving In The Fast Lane

---

**Do you ever feel like you catch up with your partner infrequently, often late at night when you're too tired to speak?**

Or when your timetables happen to collide? There are work dinners, school outings, sporting practice, dinners with friends, homework to supervise, household chores and so the list goes on. Do you feel like you need to make a date night just to spend some one on one time with your other half? Time when you're not sleeping?

If this sounds like you then I'm sure you will enjoy these tips for keeping each other close at heart, even if you can't always be as physically close as you'd like.

It's all about communicating and sharing the little things that make up our lives. Here are ten easy ways to make your feelings known:

**1. Birthday love letter.** There is something powerful about a letter. A few years ago, my husband and I agreed to write a love letter for each other's birthday. I think I picked it up from a magazine article about Nicole Kidman and Tom Cruise.

Apparently, it's something they used to do in lieu of expensive presents. Obviously, it didn't work for their marriage but we've found it has become the part of our birthday celebrations that we enjoy the most.

Writing down all the things that you love about the other person and then giving it to them is a very personal and thoughtful thing to do. In many cases its better than any gift you could possibly imagine and something to appreciate and cherish even when the birthday is a distant memory.

You can do it for your children too if you have any and they will never need to doubt that you love them. Of course, you don't have to wait until it is your loved one's birthday to send them a letter – anytime is a good time to tell them how you feel about them.

**2. Sit down and talk about your day.** When we can we sit down at the table to eat our evening meal and take it in turns to talk about what we did in our day. Even our two-and-a-half-year-old joins in. For a long time, he would talk about who he saw rather than what he did but now he's getting the hang of it.

The other thing we take it in turns to do is name the best and worst things that happened that day. Sometimes so much happens each day that it helps to pause and reflect on what were the highlights and lowlights.

**3. Celebrate all your partner's successes with them** – from a high five to a glass of champagne. Whatever the scale of the success calls for, make it a joint celebration.

**4. Allow yourself to be impressed by your partner and let them know.** 'I'm proud of you' is something that I think everyone loves being told by someone they care about.

**5. Never underestimate the power of a hug** – train your kids to hug you back. My five-year-old son Jack loves hugs. He loves giving them and getting them. Sometimes he will spontaneously hug someone if he feels they are a bit sad, although usually he asks first if they would like 'a Jack hug'.

**6. Send them a photo that means a lot to you and tell them why it's important** – you could use a Show & Tell Card. It's a new type of greeting card that lets you stick your photo on the front and is blank inside so you can write what you like.

**7. Share an experience.** It could be a movie, a new CD, magazine article, or a short story. Talk about what you read or saw and why you liked or disliked it. And do it regularly.

**8. Compliments.** Everyone loves getting them so never pass up the opportunity to give one of these reliable mood boosters. You can give them in person or write them on a small piece of paper and leave them somewhere unexpected for your loved one to find.

**9. Dance.** It doesn't take long to find a great song you both enjoy, put it on and dance around the living room floor – probably 5 minutes maximum but it is a wonderful way to physically reconnect with each other in between dinner and desert or at the end of a long evening or you could make it an unusual way to start your day.

**10. Thoughtful gestures.** Doing something unexpected, especially when you're loved one is busy and stressed, is a lovely way to show that you understand what they are going through and that they have your support.

Showing your partner how much you love them need not take a lot of time and you will be rewarded many times over for your effort. Get loving today!

## Chapter 3: Seduction Tips

---

**Seduction is the most exciting thing in a relationship. It isn't bad or wrong, it's absolutely necessary. The power of seduction is a gift.**

But not all of us have it, so we have to learn how to seduce the woman we want. Seduction can mean a couple of different things: it is a method that lets men have more success with women on a regular, repeatable basis and also it is a process by which one person leads another to the beginning of a sexual relationship.

Choose very well your target. Maybe it is there a beautiful sexy lady after you look anytime you see her on the street, but you never think that you will have a chance with her. Why don't you try to seduce her, maybe you'll win?

**But before you start, you must know that there are a few steps in seducing a woman:**

You have to be ready so get over your past rejection, overcome your shyness and clear your mind and think about what about you are going to talk with her

Interrupt her and get her attention next time when you see her; initiate with women, it takes guts to ask her out, ask her phone number

Create a conversational connection with her and show that you are able to understand her, make her sees you as romantic partner; lots of women love this

**Considering that you get your first date with her, here are some tips for seduction that might help you:**

First of all, train your mind and focus on your goal, and remember that your goal is to get that woman; so you must know which are the mistakes from the past, and not make them again

Choose the perfect place for effective seduction, a place with a comfortable atmosphere, avoid places too bright lights or too dull ambiance

Eliminate every possible obstacle; convince yourself from the beginning that you can seduce her, even if you never did this before

Be yourself, show that you are well groomed and watch out about the basis hygiene; no women like a man with dirty clothes, or with a smell breath

Relax and smile as often as you can but be controlled; you just have to please her

Eyes contact it is very important when seducing; eyes are capable of showing your deepest emotions but watch out to not stare at her

Let her know that you are interested; women like to make them feel good about themselves

The first impression usually last: show her that you are not interested only for sex

Have the right attitude – fearless and not arrogant, convince her that you are confident in your own skin

Do not shutter or look nervous, a confident person has much more chance of seducing

Have self-confidence, sense of humor and self-control

Show her that you are a gentleman; not many men from our days are; treat her like a princess, respect her for what she is and compliment her

Do not touch her in an offensive way; touch her slightly on her hands and even shoulders and you will see what's next

Tease her; a woman will be attracted to men who tease and challenge her; teasing raises frustration which starts her attraction; if you are wanted by other women, you will command her respect and attraction

Be creative; you may buy her a nice gift and be genuine when you give it to her

Learn to dance; nothing turns on a person more than dancing, as you can get intimate with each other without feeling awkward

Prepare your conversation; indulge a conversation that interest her too; women like intellectual conversations; talking will break the ice and seduction becomes easier since the woman is comfortable; best way to start a conversation is with a genuine compliment

Women are attracted to specific, confident traits in men and your behavior demonstrates them. So, start watching what women actually respond to, not what they say they want.

## **Chapter 4: Build a Romance Bridge**

---

**Ever run into a brick wall, so to speak, with your mate? Can't seem to pass "Go" without collecting 200 fresh wounds?**

Well, it's time to build a bridge and tear down that brick wall.

**Here are your tools:**

**ATTITUDE** – Get an attitude adjustment first. Lighten up and do a 180-degree about face. Read the Sunday comics, grab an old comic book, turn on the Comedy channel, watch funny videos or DVDs. Get in a better mood and pass it along to your mate. Invite your mate to tune in to comedy with you, too.

**FRIENDSHIP** – Go back to being friends for starters now that you're in a good mood. Forget the love stuff, if you want. And just focus on being good friends; share compliments, do things for one another, go out and have fun together, enjoy one another's company.

**RELAX** – Let your hair down. Trust and relax. Be yourself. Don't let old wounds open or fester. Forget the garbage memories and just be in the here and now together.

**TIME OUT** – If possible, spend extra time together for a while, like during your original courting days. Hire a sitter, order out, eat at fast food places, grab ice cream cones and go for walks in the park. Get to know each other all over again. That's the key. Then you'll remember why you fell for each other in the beginning and history will hopefully repeat itself.

**COMMUNICATION** – Take it slow and easy. Keep away from subjects that you don't agree upon. And slowly re-learn to communicate with each other all over again. If necessary, and it's not a crime or shame – get help. Seek a trusted friend or adviser, a church clergy member or certified professional counselor. No need to go it alone. Find your weak areas and how to overcome them and plan for future communication difficulties.

**GOALS** – Gradually develop goals together so you'll have a direction to head. Write them down in a notebook just for the two of you. And over time, develop them, revise them, cross them off your list. The idea is to HAVE goals together and work towards a common goal.

**SCRAP BOOK** – Create a memory album together. Add photos, clippings, menus and anything that reminds you of the “good times.” Then when tough times comes, you’ll have something to “hold on to” – your bridge to romance.

So, don’t just sit back and sulk. Take short steps to improve your relationships and let life’s problems magically pass by while you hold on to your relationship.

## Chapter 5: Communication In Romance

---

**Romance. Can it be discussed? It has to be experienced, isn't it? But, let us talk of romance, because we cannot avoid discussion about it.**

Let those in love, decide how correct is the below discussion on communication in romance. Romancing is not a science, but an art. When you talk to your beloved, you talk not only with your words, but with your eyes and your body language.

Everything takes part in communication with your sweetheart. How does one talk to one's beloved? Most of the lover’s swoon at the sight of their beloved. How do we expect them to talk? But their sweetheart wants to talk and they want to talk. They both want to share everything in each other's life.

They share their dreams, they share their agonies and pains and they share their goals and failures. They share everything, because they are two bodies, but one heart.

Romance has its own flavor, a different flavor. Romance is a different emotion compared to all other emotions. It's much different compared to emotions such as anger etc. They are all negative, but romance is a positive emotion or feeling.

In romance, one ignores every fault of his/her sweetheart and only finds everything good and glorifies it. In love, the afternoon sun is as beautiful as the sunset. Such is the wonder of romance that it changes a person totally.

Coming back to communication, how does one do it in romance? Does one convey love every single day? Does one talk only of love and nothing else. Otherwise it may kill the romantic mood! Does one only dream of good things and avoid every talk of anything negative?

What and how does one communicate while romancing? Yes, it is true that most of the romantic lovers talk only of positive things and avoid everything negative.

It is also true that talk is mostly about love, because they are romancing. Isn't it? It is true that the couples dream of great things and avoid contemplating any negatives.

Romance is different. In romancing there is no place for anything that may kill the mood. Romance means talking of moon, and not the sun. But you can talk of sunsets. Romance does not think about the fate of fallen flowers, but only admires the beauty of flowers smiling on the branch.

Romance is different and it is great. The world already has innumerable problems, and romance is much needed to create a positive atmosphere. Romance is a dream.

## Chapter 6: Dating and Relationship Tips

---

**Since Dating and Relationships are such a large, important part of everyday life, this article strives to help clear up myths from facts and present an overview of surrounding issues.**

Show Off – If you have a great body you're trying to show off and young physical appearance, yet worry because you still seem to have difficulty finding dates and establishing relationships, here are some pointers. Turn off the "ME" focus.

Others tend to see that as boorish and think you only care about yourself, not others and certainly not them. Instead, turn the focus on outside interests that the other person can relate to, even if it has to be the weather.

For help, tune in to an online news source like CNN or subscribe to a national or other major newspaper or magazine like Newsweek or head to the public library for the latest news briefs.

Online dating might be a good outlet for you, to as it generally offers a place to list all your great physical qualities as well as outside interests and more, presenting a more rounded dating candidate. Then those who are VERY interested in great abs, youthful appeal, etc. will be able to check you out. And those who are interested in the other interests can focus on those, too.

**Sit, Don't Take a Stand** – Instead of voicing your opinions over issues that you pretty well know, cause heated arguments, don't take a stand. Just sit them out. There's no shame in passing up an argument. For example, if you both call yourselves "Christians," yet one of you firmly has a complete set of rules and regulations about what a "Christian" really is, and doesn't hesitate to voice this, skip over conversations about religion.

If you have to, simply say something along the lines of, "This gets us too heated, so let's pass on if for now and move on to something else." Agree that it's okay to disagree. Because it is!

**Traditions** – Keep up with some old traditions from each family. Alter some; create new ones. The main thing here is to make positive memories that you can share and relive over and over, especially during rough spots when you can't remember why you are together. Traditions can be like glue and bind you with a common past.

**Sex Vs Love** – Sex and love are not the same thing. Learn the difference and don't measure love by your hormones.

**Negotiator** – Forget "his" and "hers" roles and who "should" do what when...Learn to negotiate. What works one day may not work another when timing is off, kids are on the run and disaster strikes, for instance, when your mother-in-law drops by unexpectedly.

**Love and Hate** – Love your mate. It is OK to strongly dislike (or "maybe" hate) a behavior, like cracking knuckles or biting nails. But remember to love the person.

## Chapter 7: Friendship And Love

---

**Friendship and love. Both are so much related to each other. And both are so dissimilar! What are the differences between friendship and love?**

Is platonic friendship possible between persons of opposite sex? Let us try and understand.

What is friendship? Why do we call a person our friend? When do we call someone a very good friend? If we care for a person, if we are always ready to help that person and if we share most of our thoughts with a person, they are our good friends.

We can always count upon our good friends in an emergency. We are always sure that our friend will understand why we acted in a certain way. We need not explain anything to our very good friends. The friendship is so deep and the relationship is so intimate, that most of the things are automatically understood by our friends.

What about love? In a relationship of deep love, all the sharing that we discussed above are taken for granted. But love transcends all this. During love, we are attached with a particular person, while in friendship, one may have many friends.

A loving relationship makes one so much attached to the other, that one gets pained if his/her beloved is hurt! Love also involves a physical element. Friendship does not have that. This is a vital difference. Nature gives us love so that the specie can go forward. Nature does not give us friendship.

Your heart beats will never increase in anticipation of meeting your friend. You will not lie awake at night thinking about your friend. You will not feel totally lost, if you don't meet your friend for a few days.

You will not have dreams in your eyes thinking about your friend. But in love, you will do all this and much more. Indeed, there is no comparison between love and friendship.

## Sex Intro

---

**Despite the sexual revolution in the 1960s, the fact is, many Americans still feel that sex is a taboo.**

Each person has different sexual preferences and though there are those who are very vocal about their needs in bed, there still are others who opt to keep silent for fear of being called vulgar.

Researchers nowadays are saying that another sexual revolution is well underway, as evidenced by the high rating of shows that has sex-related content. In a recent study conducted by Jean Twenge of San Diego University, it was found out that 50% of teenage girls are already having sex, and are also considered the leaders of the teen sexual revolution in the new world.

The issue of oral sex is now seen in a new light as more and more teenagers no longer see it as disgusting. The trend shows that sex has moved past the boundaries of relationships, marriage and pleasure towards the quest for pleasure.

With the knowledge of teenage sex, how many parents have bothered to educate their children about the pros (if any) and cons of early sexual activities? Studies show that parents would rather pretend that their children have no idea what sex is yet and talking about it would make them more curious, which could lead to experimentation.

But this is definitely not the case. Children can now access sites featuring couples having live sex, or a live sex show with hot models as stars. No, teenagers nowadays are no longer as innocent as we want them to be, and despite the many precautions parents take to prevent their children from sexy webcam chat rooms and club live sex, it just isn't enough.

Children still need to be educated by their parents. They need to know that they are not the only one experiencing things such as arousal or even masturbation. Children are confused and for them to be properly guided towards their societal roles, parents still have the biggest part of it.

I still believe that the biggest problem with the teenage lies on the fact that technically speaking, they still are children. Biologically, teenage girls are not yet equipped to bear healthy children. Aside from this, the spread of sexually transmitted diseases can easily affect teenagers as most of them refuses to follow the lesson taught in sexual education.

People blame teenage pregnancy to the proliferation of sex-related media and easy access to porn sites. It is true that several studies have found a relationship between early sexual experimentation and sexual innuendos in TVs and movies. But hey, you can't blame everything to media.

True, the media is cluttered with so much sex-related content but still, you are responsible for your kids. Cam to cam sex stars don't tell your children to go out and have sex with the next girl they see. Leaving your children uneducated and clueless about this topic when everyone else is talking can only leave them to be more curious if not as closed up as you are, and the cycle continues.

## **Chapter 8: A Guide on Sexual Health and Aging**

---

**In most movies and television shows, scenes that are sexual in nature often show young and smooth-skinned people "getting it on." But age is not a reason to let your sex life slide.**

Intimacy with your partner is an essential part of any relationship whether you are in your 20s or 50s. Aside from boosting your personal relationship with your partner, sex also promotes better sexual health – a must regardless of your age.

*Below are some tips that can help you age gracefully, sexually:*

### **1. Accept the changes in your body and strive to improve.**

Do not be turned off by the sagging skin on your forearms or your protruding belly. Instead, welcome these changes but do your part in

minimizing them. Keep an age-specific skin care routine, an exercise or fitness regimen, a healthy diet, and fashion style.

Confidence is a prime sexual booster and looking good and being healthy are parts of it. However, accept that you may not be able to fit in the jeans you wore when you were 20 or sport the abs you had back in your college days. Just strive to be healthy and feel good in your own skin.

## **2. Take note and communicate about your and your partner's changing sexual needs.**

At 20, you may feel up and running the instant your partner walks through the door. However, age does affect your sexual responses and that of your partner. Age can make your body require more stimulation to feel aroused or orgasm.

Similarly, your partner, provided that he or she is of the same age range, may feel the same needs like longer stimulation to get in the mood. Knowing what clicks for your body and your partner is essential in communicating your sexual needs to each other.

## **3. Expand your definition of sexual relationships.**

Actual intercourse can be very tiring especially if you have aching joints. Understand that intercourse is only one of the ways you can achieve sexual intimacy with your partner, not the only way. Often, passionate kissing, touching, massaging, and other forms of sexual contact can be fulfilling enough for both partners.

## **4. Veer from routine.**

If you and your partner have been having sex after a long day at work for the past 10 years of your relationship, you might want to consider morning sex as an alternative. A simple change in routine can rev up your sex life and start making things exciting again. Alternatively, instead of jumping onto the sack instantly, try setting the mood with a romantic dinner and some dancing.

## **5. Consult your doctor.**

Sometimes, the changes your body undergoes may be too severe that they can impair your sexual performance. Surgeries, chronic illnesses, and

medications can affect how your body responds to sexual stimulation. Talk to your doctor about the possible side effects of the medications you are taking on your sexual drive and response.

Likewise, a lengthy discussion about chronic illnesses like high blood pressure, heart problems, and their effects on your sex life is also in order to ensure your health safety when doing the deed. Alternatively, you can ask your doctor for a prescription of medications that can help increase your sexual vigor and boost your libido.

## Chapter 9: Creativity Fuels Sex Life

---

**According to the researchers, while writers and artists from Byron to Picasso have perpetuated the notion of the amorous artist, the new study may be the first to offer up some real proof.**

“Creative people are often considered to be very attractive and get lots of attention as a result. They tend to be charismatic and produce art and poetry that grab people’s interest,” said the study author Dr Daniel Nettle, a lecturer in psychology at Newcastle University’s School of Biology.

The study of 425 British citizens included a sampling of visual artists and poets. The participants were asked about how much poetry and visual art they created, their psychiatric history, and their sexual encounters since age 18.

### **More sexual partners for creatives**

In comparison to an average of 3 for non-creative people, the average number of sexual partners for poets and creative artists was between 4 and 10. The investigators reported in the November 29 issue of The Proceedings of the Royal Society that the more creative a person was, the higher the number of sexual adventures.

Nettle speculated that sexual exploration may be encouraged by the artistic personality.

“It could also be that very creative types lead a bohemian lifestyle and tend to act on more sexual impulses and opportunities, often purely for experience’s sake, than the average person would,” he said. “Moreover, it’s common to find that this sexual behavior is tolerated in creative people. Partners, even long-term ones, are less likely to expect loyalty and fidelity from them.”

### **Boost your sex life**

Looking for an entertainment that would give you real pleasure? A feel-good movie or a suspense or romance novel would do. Spent hours and hours trying to finish a book but still feel bored? Had movie marathon with the latest movies but still feel unsatisfied?

Ever thought of doing the not-too-conventional form of entertainment? Any guess what that is? For some this may not be new and seems normal but for a few this is something different and well really exciting. I bet you already have a guess what I am talking about. Yes, you are absolutely right!

Watching adult DVDs can be really fun and will take the boredom away. See how those sexy babes exposing their asses or dudes poking their shafts would stir that bored spirit of yours. A good and exciting entertainment needs not to be expensive, cheap porn DVDs can give you just the right satisfaction you are looking for.

You would never believe your eyes seeing a group of girls doing the deed together or a guy almost reaching his climax as the wild chick gives him the best blow of his life. Ass to mouth, woman on top, the crab, the famous ‘sixty-nine’ position; well then if these terms won’t wake that animal being in you better see a sex doctor as soon as possible! Chuckle! If you feel that you are not giving your partner the steamy sack session he or she deserves now is the time to make it up to them.

Xxx porn DVDs can be a great teacher if you would want to brush up your Kama sutra skills or if you would want to learn sex positions that would no

doubt bring you and your mate to the seventh heaven. You can't wait to give your mate the best sex ever?

Can't wait to hear her ask for more, more and more? Feel excited to hear your partner moan or scream as you go down and deeper and deeper inside her? Well then go ahead and get the wildest porn DVD download on the net or just buy porn DVDs that will lead you to a very satisfying sex life. Learn the best sex techniques that would make you a sex god or a sex guru in the making. You might come up with your own best-selling sex book someday!

There is no reason for you to feel shame when someone finds out that you keep porn DVDs because not all people who watch titillating movies do have the same purpose as stated above; some would just want to feed their curiosity and find out why a lot of people regardless of age, sex and race are just so into these stuffs.

Everyone can have access to see these kinds of movies but whatever your purpose is in buying these porn materials just always remember that having them comes with responsibility. Be responsible viewers; watch them with the right persons of the right age at the right place.

## **Chapter 10: Body and Mind-Sex and Stress**

---

**Have you ever wondered that the role of testosterone in enhancing libido and enhancing erections in men cannot be its only role?**

There are many other roles and biological effects of testosterone other than its known presence in bodily fluids. It has been blamed for excess hair loss (medical name-Androgenetic alopecia) although the molecular steps of hair loss in men and women are not fully understood.

This hormone is secreted in the testes of males and the ovaries of females, although men produce more of it. Various kinds of mental behavior are not only subject to influence by environment and genetics but also day-to-day hormonal changes. For example, stress can also inhibit testosterone synthesis and hence lead to decreased levels of its secretion.

Some good news has recently emerged. Recent studies have shown that to keep stress at bay you should frequently engage in penetrative penile-vaginal sex. Unfortunately, many people from all walks of life find that under stress, they do not have the desire to have sex and even create undesirable side effects such as sexual dysfunction.

A brilliant study (*Biological Psychology*, volume 71, page 214) showed that sex but more preferably intercourse is much more effective in combating stress than other sexual activity such as masturbation. As intercourse is more linked with less blood pressure and less stress this causes better psychological and physiological function.

Also orgasms for women during penile-vaginal intercourse are better for physiological behavior but not so much for orgasm during other sexual activities. As some of us are nervous about speaking in public or stage fright as it is commonly called are being recommended to have sex (not on the stage of course) for the stress-calming effect.

It is thought when a couple makes love the neurotransmitter oxytocin released relaxes the body and decreases blood pressure hence also preventing stress. Oxytocin is secreted by the brain and other organs including the ovaries and testes. It is believed that oxytocin is significantly decreased during stress and infusion of the hormone relieves stress in animal models thereby suggesting a role in regulating some physiological responses to stress.

In the light of such elegant studies and lack of public stress programming such as screening by government agencies aimed at improving recognition, treatment, and reducing stress and depression primary prevention has become necessary.

As stress and depression has become a common disorder with serious many unwanted side effects both in men and women, penetrative penile-vaginal sex could be a primary stress prevention strategy.

# Chapter 11: Do You Attract The Opposite Sex?

---

**All of us want to get a great mate. We want to settle for nothing less than the best of the specie.**

Are we having the personality to attract the opposite sex? Do we have that magnetism to pull them near us? That is a big question and once we get how to do that, the world is ours.

Let us begin with raw appeal. There is something called animal appeal. Some of us have that and some don't. This appeal has to do with our voice tone, our walk, our talking style, our smell of the body, our body and our personality.

Take care of these and you are half way through. Suppose you are a woman. You are asked to join a group of hundreds of women all standing in a queue. Then some men are allowed to view all of you. Will you beat all the women and attract attention of every man towards yourself? If you can manage that, you are a winner. Same with men.

What about understanding the personality of the opposite sex? Take a teacher. She is trained to handle many children and knows about how to teach them. Do you know something about how to handle the opposite sex? Have you studied about them? If not, please pick up some good guides and do that as soon as possible.

Making yourself attractive is the first requirement. Once you can do that, you will manage to get any one as your date.

## **Five Tips to Re-Sexualize Your Self**

Sex is an important part of your life and your relationship.

It's essential that you enjoy it. The conditioning on the body to be sexual and reproduce is the strongest on the planet. It is the second strongest

instinct on the planet next to that of survival. However, sexual desire can change over time, and can increase or decrease depending on life's situations.

Do you worry about what is "normal" or "abnormal" sexual activity? Do you wonder why or what causes the change in your sex drive? Understandably every person, and every couple, has a different level of desire and need for sexual intimacy. In response to outside forces such as stress and emotional experiences, sexual desires often change.

*Here are five tips to re-sexualize yourself and improve your sex live:*

### **One. Your Body is an Energetic Snapshots of Your Past Love Encounters**

Have you noticed that when involved in certain intimate relationships, your self-esteem either rises or declines? This is largely because you energetically perceive the thoughts that the significant other has of you. These thoughts may be totally unrelated to who you really are, but you begin to resonate with that energy already in your energetic field.

Energetic snapshots of other people's thought forms stuck in your space or body, can block our energy flow in a particular part of your body or energy field. They create pockets of vulnerability and attract similar experiences. Other peoples' perceptions, thoughts and beliefs that stay in your body or energetic space and eventually create dis-ease.

### **Two. Create Room for Increased Sexual Expression**

Is there is stored up guilt within you about sex? Is sex an important part of your life? Does work or other activities overcrowd your schedule so that you don't have time to express loving sexuality? Send an intentional energetic message into your world that you plan to break this pattern. As you begin to release the energetic charge from past mistakes, healing and changes can occur.

### **Three. You Are Born with Sex Appeal**

Sexual energy is the life force energy within you. It is at the very core of your energy bodies and the way it operates. Since the whole universe is kept together by the energy of Love, when that energy properly flows in

your body, you are happy and healthy. Your whole body turns into a lighthouse, promoting good health and longevity.

#### **Four. Energetically Release Conflict, Anger and Negative Feelings**

Unresolved conflict or unexpressed anger can definitely put a damper on desire, as can negative feelings, secrets or emotional upset. As you carry around negative feelings about your partner, your level of attraction for that person can wane dramatically, sometimes never to return.

#### **Five. Releasing Foreign Energy Time-Line Visualization**

These thoughts or negativity can be affecting you now and you can begin to release it by using a time-line visualization technique.

1. Imagine a time line in front of you a time line from birth to your current age.
2. Create a mark for every year of your life on the time line.
3. Allow a dark spot to appear on the time line for every negative experience or for other peoples' thoughts you collected and absorbed.
4. Create an absorbing rose or other symbol at the beginning of the time line.
5. Slide this absorbing symbol along the time line allowing it to pull out all the dark spots of memories, negative experiences and foreign energy from each year on the time line. Let the symbol get bigger and bigger as it absorbs all the dark spots on the time line.
6. When you have absorbed all the spots on the time line and the symbol reaches the end – move the symbol out in front of you and let it explode like fireworks.

Exploding the symbol is a way of de-energizing these experiences and taking the power out of them so they don't have power over you. You don't have to know what specific thoughts or energy to release them.

7. Imagine a golden sun above your head filled with your own vital energy.
8. Replenish your energy by bringing the golden sun into your body and space. Energetically release conflict, anger and negative feelings to clear the path to renewed intimacy with yourself and your partner.

## Chapter 12: Female Orgasm During Sexual Intercourse

---

**One of the most common myths about the female orgasm is that women should only reach orgasm through vaginal intercourse.**

This is definitely not true but it's a myth that has caused us to take women's sexual needs for granted for a long time. This myth actually started with Sigmund Freud, the developer of psychoanalysis, who had recognized that women could easily reach orgasm through clitoral stimulation.

Freud dismissed this type of stimulation as juvenile and believed it was important for women to become more sexually mature by focusing only on vaginal stimulation to reach orgasms.

The problem is that the vagina was not designed for orgasms. It does not have the concentrated nerve endings that one finds in the clitoris or in the head of a penis, for example.

As a result of Freud's determination, women who could not reach orgasm through vaginal intercourse were considered to have some type of psychological impairment. All sorts of methods were devised in an attempt to "liberate" women from their reliance on the clitoris for sexual pleasure.

Only in recent decades has society begun talking openly about the women's right to enjoy sex and to reach orgasm in whatever manner worked for her.

Another common myth about the female orgasm is that only women fake orgasms.

Even though this book is about female orgasms, I think it's important for both men and women to realize that orgasms are not going to happen during every sexual encounter. About one-fifth of men admitted that they have faked an orgasm with a partner. Their reasons for faking are the same as women's: they don't want their partners to be disappointed.

Orgasms don't always come easily in a partnership. Sure, when we masturbate we can probably get off every time because we know our bodies and we know what works. Our sexual partners have to learn these things over time and, most importantly, with our help.

Again, faking orgasms is not the answer for either sex. It just complicates the issue and prevents both partners from having a truly fulfilling sexual encounter.

## Chapter 13: Is Safe Sex Really Safe?

---

**Gone are the days when people could have multiple partners without the use of a condom, and other safe sex practices.**

Safe sex is all about keeping yourself, and your partner, protected from the complications of unwanted pregnancies and sexually transmitted disease.

Although the concept of safe sex seems easy enough to understand, more and more people -- young people in particular -- seem to be missing the point, or missing the concept of how to accomplish safe sex. And just how safe and reliable is that condom when it comes right down to it? A condom can't promise 100% protection from AIDS or from pregnancy.

For males in particular, another problem with practicing safe sex is remembering to take the time to ...

- (a) have a condom ready**
- (b) know how to use it properly, and**
- (c) take the time to put it on.**

It's important to educate young people today in the proper use of condoms so that they understand when and how to use them. There's no point to

having a condom ready if neither partner is going to take time to enforce its use. In a very practical sense, however, although a condom is typically worn by the male partner during heterosexual intercourse (and typically by both partners in a homosexual one), the responsibility for proper condom-IQ is borne by both partners.

Fortunately, there are more and more products appearing on the market to help people to plan for safe sex and to practice this method of responsible intercourse. Since both the birth control pill and the condom aren't 100% effective, combining the use of both of them together will increase your chances of staying safe.

It's also vital to be aware of a partner's sexual history, and to seek "medical clearance" before engaging in a new relationship. This is especially important for those in polygamous relationships (more than one sexual partner at a time), because a "chain" of unsafe sex can start with any partner and spread rapidly through a previously healthy group.

The only way that there are going to be less unwanted pregnancies, and less transmission of STD's is if all sexually active people – both young and old -- are educated in the concepts of safe sex and what it means to them. In particular, in parts of the country where access to information is more challenging (such as some underprivileged areas), it's vital that communities step forward and provide this education.

Young men, in particular, need to understand the implications and risks of unprotected sex and what it can mean to their lives when they have an unwanted pregnancy or find out that they have a STD. Safe sex starts with education and knowledge, neither of which any young teen can do without.

## **Chapter 14: Kickstart Your Sex Life Today!**

---

**Has your sex life been a bit neglected lately? It's not like you don't care but well, it's just finding the time and energy.**

It seems impossible some days because there's work and cleaning and working out and grocery shopping and cooking dinner, laundry, kids, family commitments, friends, ironing!

When you do get horizontal you pass out within minutes. Or you're not in the mood. Or you just can't be bothered. Soon enough a month has passed and you can't remember the last time you had sex. And when was the last time you kissed your partner and I mean really kissed them, not just a polite peck?

Or maybe you've just fallen into a rut. You have sex in the same place at roughly the same time each week and do the same things. Routine is good for things like brushing your teeth but it shouldn't come into your sex life when variety and excitement are crucial elements in making it fulfilling.

If this sounds like you and you want to kickstart your sex life back into well, life, then read on.

### **1. Be spontaneous**

The element of surprise can be very seductive. Take a shower together, surprise your partner with a long passionate kiss when they are expecting to just graze lips, buy some new lingerie and wear it.

### **2. Get healthy**

Eating well and regular exercise put you in better touch with your body and that inner healthy glow not only makes you look more attractive but gives you heaps of energy and makes you feel more vibrant and alive.

### **3. Be affectionate**

If you haven't had sex for a while then it may be better to build up slowly to get back into the groove. Instead of trying to go from a standing start to racing speed, ease your way back into the physical by touching when you can and by being considerate with each other. Touch when you talk. Stop to kiss when you walk past each other in the hallway. Trail your finger along their shoulder as they sit reading a magazine. Snuggle on the couch in front of your favorite movie.

### **4. Be sensual**

Give your partner a peppermint foot bath when they get home from a busy day. Massage their hands, scalp, back - wherever takes your fancy (if you don't know how to massage, don't think about it, just do what feels good). Or try a lighter touch by using a feather or silk scarves to trail along the length of your partner.

5. Be encouraging when your partner does something you like. Even if you've been together a long time your partner doesn't always know what you like and even if they do it doesn't hurt to tell them once in a while.

Say what you like and why you like it, if they have more information you never know what they may come up with to please you.

### **6. Read your partner an erotic bedtime story**

The mind is crucial in any attempt to resuscitate your sex life. It needs to be turned on first and the body will follow. There is some great erotic fiction around or you could try Nancy Friday for stories about other people's sexual fantasies.

### **7. Have fun**

When was the last time you laughed together? Put on your favorite track and dance. Or buy the music that was popular when you first got together and play that for a trip down memory lane over dinner. Take a midnight dip.

### **8. Write a sexy letter**

If you can't tell your partner what you really want them to do to you, then writing it down is a great alternative. It lets you be as specific as you like without feeling like your face is going to turn tomato red and gives your partner time to process what you've said and get into the mood.

### **9. Experiment**

Learn a new technique together. Try a romantic weekend away. Or you could try a sex toy from one of the many on offer. If you always have sex lying down then try standing or sitting. If you're always on top then try switching things around.

## **10. Focus on the now**

When you do get down to it, it is crucial that you focus on exactly what it is you are doing. To do this you must stop the chatter within your own head.

Don't worry that you forgot to pick up the dry-cleaning, or how you need to call your mother about her birthday, or the fact that you're out of cereal. Leave all that stuff to later. Much later. Chances are it won't seem nearly so important once you're done.

## **Chapter 15: Sex Addiction**

*It may appear unusual at first to believe that sex may become an addiction. It's an innate biological activity, not a chemical consumed into the system.*

*But even as intoxicants and drugs may become habit-forming, so may natural activities like eating and sexual activity.*

*These activities become problematic when they're utilized as a means of escaping hurt or tedium, and when the behaviors carry on even when they get destructive.*

*Some people have described sex addiction like this: The substance utilized was humanity. You marshal all your intellect and appeal and power to keep the dependency alive.*

*Getting fired from a job doesn't make them quit. Losing a mate doesn't make them quit.*

*Risking their life and the lives of their sexual partners doesn't make them quit.*

*Everything and everybody in your life, who you are and what you trust, joins line around it.*

*As sexual mores alter in our society, and as porn and the sexual practice it presents get ever more common, 1000000s of individuals discover themselves getting compulsive in their sexual conduct. They discover themselves enlisting in unhealthy and destructive habits, not able to quit.*

*The hurdle with sex addiction is that, as sex is so personal and private; individuals are particularly hesitant to admit their battles with it. Sex addiction is simple to laugh about, but difficult to admit.*

***Breaking The Habits Of Sexual Addictions!  
Live clean and regain your self respect.***

Even if society assumes something as "regular," we surely realize that it may be habit-forming and destructive (consider alcohol, tobacco, and gambling). However what about sex? When does somebody turn into a sex addict? Where is the line that differentiates a normal, sound sex drive from sexual dependency? The line beats drawn when that individual discovers him or herself not able to quit - when they repeatedly return to the same conduct, in spite of damaging consequences. The medical and guidance communities have founded numerous universal standards for ascertaining if a substance or behavior is a dependency. Note how these apply to sexual behavior as well as chemical usage:

**Know What's Occurring**

Utilization of the substance or behavior has gotten uncontrollable. This means that the addict needs - and repeatedly attempts - to quit but can't. There's a history of bombed attempts. The word powerlessness - a central word in Step One of the 12 Steps -

aptly distinguishes the feeling the addict has about his or her sexual conduct.

Even as an addict goes through destructive results for his or her sexual conduct, it's not adequate to get them to quit. Addiction isn't weakness, but its helplessness. Addiction isn't a deficiency of self-control; it's a powerlessness over the substance or conduct in question.

The addiction becomes tougher over time. This occurs because more and more of the substance or conduct is required over time to accomplish the same outcome. The chemistry of the brain adapts to whatever an addict orders into it. Over time the brain calls for more to accomplish the same outcome.

For alcoholics, the brain adapts to alcohol and calls for more. Considering sex and engaging in sexual conduct calls for the brain to produce the brain chemistry to accomplish sexual reaction. Fresh research is discovering that the sexual chemistry of the brain may likewise become tolerant, which means more and more arousal is essential to have the same brain chemistry effects – the notions of stimulation, excitement, and pleasure.

This escalation may take 2 forms. The commonest is that the addict does more and more of the same sort of behavior. For other addicts, escalation entails that they'll postulate fresh sorts of acting out experiences to accomplish the same high. So they'll seek fresh, novel, or more hazardous forms of sexually acting out. Nearly every addict may point to particular behaviors that they formerly said they'd never do, and afterwards discover

themselves doing. This is the consequence of neurochemical tolerance.

Addicts utilize the thoughts and behaviors that bring about the neurochemical highs to either bring up or bring down their moods. This is what is implied by stating that addicts medicate their feelings.

If an addict is blue, lonesome or bored, he or she may engage in - or even merely fantasize about - a sexual meeting, and the stimulation part of the sexual reaction produces chemicals that enhance his or her mood. If an addict is distressed, anxious or frightened, the chemicals that flood the brain after climax (or in fantasies of the love and attachment aspects of a relationship) produce a feeling of wellbeing and contentment that lowers his or her mood.

Many addicts are capable of both sorts of behaviors, and consequently, may both elevate and bring down their moods depending upon their feelings at the minute.

Addicts act out in spite of damaging consequences. Addicts don't pay attention to damaging results; rather they live in self-denial. They belittle or rationalize their acting out, in spite of the results.

Till an addict decides to give up control of the fears that keep him or her from getting assistance, the addiction will carry on. As the addict experiences negative outcomes for his or her behavior, notions of depression and self-disgust grow. Unless they're in some manner helped to discover hope and guidance for change, these damaging feelings produce the addiction spiral: guilt and

hopelessness leading to acting out as a way of dealing, which leads to feelings of shame and frequently also to damaging consequences, which lead to more guilt and hopelessness, which lead to more acting out, and so forth.

## **Myths**

Addicts are not hooked on substances; addicts are addicted to the feelings they acquire from their substances, and if they're refused a substance and they may acquire that feeling from a different substance, they will.

### **True and Not**

**Myth #1** - If I'm already in recovery from a different addiction, I don't have to fret about sex. The either/or attack to addiction is ill-conceived and unsafe. The truth is that addictions commonly come in bunches. If addictions are coping techniques we acquire to deal with distress, it only adds up that we'd wish or have to acquire multiple techniques, and not simply one.

A lot of studies disclose the prevalence of cross addictions, and sex addiction is frequently part of that mixture. For instance, one study discovered that more than one-half of cocaine users had sexual obsession issues. Clinicians have long observed that sex addiction was interwoven into a tangled web of addictions, compulsions, and avoidance techniques. ... The 'monodrug user' is a disappearing species in American civilization. The fundamental interaction between addictions is complex, and the assortments of "addiction interaction disorder" (AID) are practically unlimited.

**Myth #2** - Sex dependency is a "man thing" The fact is that sex addiction is an equal opportunity trouble that bears on women as well as men. Since the field of sex dependency has been tagging these statistics, the gender breakdown has been that 20% of individuals who look for treatment for sex dependency are female.

But in late years this is modifying, and the gender gap is narrowing down. Hit wise, a company that tracks net usage with huge databases monitoring web traffic, reports that 27% of visitors to adult sites were female. The sites tracked for this inquiry included not only optical porn, but likewise erotic tales and chat, which broadly have higher female utilization. Gender stereotypes might be helpful for pop psychology books and stand-up comedians, but not for recovery. Particularly in younger generations - who didn't grow up with the same sorts of prejudices and cultural mentality as senior generations - we find the typical gender stereotypes about sex more and more inapplicable. We see girls as likely to be the sexual aggressor as guys, and as attracted to optical porn as well as guys. We likewise find guys as probable to be drawn to chatrooms and romance dependency as girls. In recent years this trend of the gender gap shriveling up.

**Myth #3** - many sex addicts are (or will be) sex wrongdoers. Among the roadblocks that keep people from discussing sex addiction is the false affiliation between sex addiction and offending behaviors, like sexual assault or molestation.

It's crucial to mention that while a substantial portion of sex offenders are likewise sex addicts, only a diminutive fraction of

sex addicts are wrongdoers. Authorities estimate that 30% of sex offenders in prisons nowadays may be diagnosed as sex addicts, and 70% of wrongdoers in prison for child-related sex offense may be diagnosed as sex addicts. But the huge majority of individuals who are addicted to sex never cross the line of sexual violating. Most authorities estimate that merely 2 - 5% of sex addicts are sex wrongdoers.

Individuals who deal with sex addiction face a hurdle unlike recovery from drugs or alcohol. With chemical dependencies, recovery is difficult but at least soberness is aboveboard: recovery entails complete abstinence from the matter. Sex addiction is more perplexed. We'll always be sexual individuals, and many addicts will engage in sexual practice throughout their lives.

The question then gets to be: what makes up healthy - as contrary to addictive - sexual activity?

## **Beginning Steps**

In that sense, the challenge is more like that confronted by food addicts. As the saying goes, "Trying to eat abstinently is like attempting to take a tiger out of a cage 3 times a day and then cajole him back in till the next time." Recovering food addicts must eat. They can't simply refrain from their "drug" - they have to acquire a healthy, in progress relationship with it. So must sex addicts.

The job may feel overpowering, but there's hope. A lot of individuals around the globe are discovering recovery from

addictive sexual conduct. How? How does recovery from sex addiction occur?

Recovery calls for facing topics about our past tense, here and now, and future tense. I promote what I call a "return to the future" approach: begin by becoming clear-cut about your vision for healthy sexuality (future tense), make certain that your surroundings help you move towards that vision (here and now), and do whatever it requires to make peace with your past tense.

I comprehend the importance of living in the here and now. Christ encouraged his following to not be apprehensive about tomorrow, but rather center on the needs of now. Paul wrote of his resolution to "forget what lies behind". A lot of spiritual teachers stress the importance of living in the minute, and thought that's highlighted by the "one day at one time" centering in much recovery teaching.

The "Return to the Future" plan of attack is merely a way to consider the problems of recovery. We get clean-cut about our vision for the future tense, not as we discount living in the here and now, but as we wish to move in the correct direction. We wish to make peace with our past tense not as we require to drag up old hurts and stay stuck in the past tense. We do it as we wish to free ourselves from the bonds of the past tense. We wish to let those old wounds go, so we may be free to live in the here and now, one day at a time.

With that in mind, think about this "Return to the Future" plan of attack to recovery from sexual battles.

## Means To Recovery

***Among the first jobs of recovery is to "institute sobriety." With sex addiction, it's even more elementary: we have to establish what sexual sobriety is. Till we get clean-cut about this, we're stuck. A Chinese philosopher stated, "The journey of 1000 miles starts with one step." But in this case we must first clear up the direction in which to assume that step.***

### A Path To Help

In its early on stages, recovery from sex addiction involves choosing what behaviors a individual wishes to include in her or her life, and what behaviors to refrain from. How do you choose this? 12 step recovery fellowships take issue about this. One group (Sex Addicts Anonymous, or SAA), promotes recovering addicts to choose for themselves - with counsel from their sponsor and support group - what their bottom lines has to be.

Individuals in SAA realize that this bottom line might alter over time, frequently moving from an across-the-board definition of sobriety to a more specific view over time.

For instance, early on recovery might call for distinguishing only the most debatable, risky behaviors (like unguarded sex, or sex outside of one's devoted relationship). As time advances, the addict might come to think that additional activities (like porn use or compulsive masturbation) are addictive likewise.

A different fellowship (Sexaholics Anonymous or SA) delineates for its members a general definition of sobriety: "no sex in any variety with oneself, or anybody other than the spouse." Their worry is that leaving the definition of sobriety vague opens the door to self-deceit.

They feel that addicts will battle to discover sexual health if they remain in compulsive behaviors, even if they haven't listed those behaviors as part of their own personal "bottom lines."

All the same we approach drawing a line between healthy and addictive behavior, the point here is that recovery can't occur till we go through sobriety from the addictive behaviors. Till we go through some ongoing sobriety, we live in the mental and emotional cloud of addiction.

We cycle backward and forward from addictive hungering, acting out, self-reproach, and self-disgust for our conduct. When we start to break that cycle, we may begin the work of self-reflection that leads to inner shift.

Recovery vision is about what we bring, not just what we take off. Among the crucial problems in recovery from addiction is to understand what to fill one's life with when faced by the void produced by ceasing the behavior.

As the saying goes, "It's difficult to say no till you understand what yes is." It's difficult for an addict to abandon sexual conducts that have brought solace and exhilaration to life without having hope that other fit things may meet those needs.

A vision is an image of the future tense that pulls us forward. For sex addicts, among the many losses affiliated with their addiction is a loss of vision. A lot of addicts are so filled up with guilt that they've lost hope for a positive future. Their addiction has probably produced bedlam in their lives.

They might have lost occupations because of their addiction, or at any rate fought with weakened productivity. As addiction intensifies, it consumes more and more of an addicts' time. Therefore, a lot of addicts lose touch with the hobbies and interests that brought a fit balance to life in the past. Life looks increasingly gloomy, and a positive future more and more remote.

Vision necessitates time. A vision for a fit future is crucial for recovery, but it takes time to acquire. In early on recovery, addicts' lives are frequently still filled up with the bedlam produced by their addiction, and their brains are blurred by denial, rationalization, and hopelessness.

The future orientation of early on recovery must center on a sight of a life free from the mightiness of addictive sexual behavior. A lot of addicts have lived so long with their addiction, and fought with attempts to quit their behaviors for so long that they've lost hope.

They question if living sexually sober lives is even imaginable for them. Spending time with others who have experienced the battle and come through on the other side is helpful at this phase. Viewing other addicts who have accomplished long-run sobriety

infuses the beginnings of a vision for an addict, as they begin to think, "If he/she may do this, perhaps I can also."

It's likewise crucial for addicts to spend time considering fit ways to experience replenishment. Frequently addicts have lost touch with fit ways of getting their needs met.

As time advances, and the addict discovers the emotional and spiritual clearness that comes from lengthy sobriety, his or her vision gets more clear-cut. Time that had been passed in illusion and acting out now may be vested in ways that tap into the addicts' inborn talents and passions.

Our sex drive is, at its commonest level, an originative and passionate exhort. Recovery from sex addiction doesn't call for suppressing this drive, but instead transferring its energy toward other interests which may become outlets for one's creativeness and passion. In their addiction, a lot of addicts lost touch with the matters they were passionate about, and vested more and more of their passion and creativeness in acting out behaviors.

The procedure of recovery implies placing that same amount of energy, passion, and creativeness into fit pursuits.

Plainly the establishment of vision - of sobriety and of personal replenishment - is easier said than done, particularly for addicts who are living in surroundings filled with enticements to lapse into old sexual habits. Clearness and resolve aren't adequate: we have to make changes to our surroundings.

## Changes To Make

Environmental alteration precedes life change. Life-change doesn't happen with resolutions, hopes, and exertions of self-control. Unless we do things to alter our surroundings - making it more tributary to our fresh dedication - we'll unavoidably regress into old behaviors. In the fight between self-control and surroundings, surroundings always wins.

### Start Today

Nobody has adequate self-control to sustain substantial life-change if their personal surroundings subverts those alterations with enticements and disheartenment. If we don't alter our surroundings, the only leverage we have is the force of will, and self-control is a much more limited commodity than we recognize.

Envisage somebody attempting to accomplish sobriety from an addiction to alcohol while working as a barkeep. Naturally it's theoretically possible to refrain from drinking in that circumstance, but to do so would call for facing down mighty and repeated enticements. A human may only be expected to defeat a limited number of these enticements.

To be successful, the recovering alcoholic has to alter the environment so that he or she isn't required to battle such a ceaseless fight. Our surroundings are multi-dimensional. It includes loved ones, friendships, workplace, the places we spend our time (physical surroundings), and the media we devour. 4 areas are particularly crucial:

- 1) **Discover a safe community of recovering addicts.** This is the most often ordered technique for recovery, and for

great reason. It's vitally crucial for the recovering sex addict to be in community with others who comprehend his or her battle, and support them in it. I've yet to discover an individual who accomplished long-run recovery who wasn't part of some rather support group.

Even a person "accountability partner" isn't adequate. For the addict who's acquired a pattern of knavery and sexual compulsion, it's simple to float out of touch with one's accountability partner when we're struggling. And occasionally, when we need this individual and do reach out, he himself might be struggling or unavailable.

An individual in recovery will require a multiplicity of hoi polloi who will assist him or her in this journey. By being a part of a group, recovering addicts are exposed to an assortment of challenges and resolutions, successes and failures, thoughts and insights. There is an assortment of support groups available for individuals fighting with sex addiction. There are numerous 12-step groups specifically centered on sex addiction and many church groups likewise. We encourage addicts to center on groups that comprehend and center on sex addiction particularly.

Sex addiction is unparalleled. It bears its own brand of guilt, and is often misunderstood not only by the population as a whole, but likewise by other addicts. Recovering sex addicts postulate a place where they may be truthful, and where other addicts may be truthful with them. A different reason support groups are so crucial is that many sex addicts are ravenous for friendship. Sex addiction is a sequestering syndrome. Addicts live "in their heads," disquieted by thoughts of sexual illusion, plans for acting out, or guilt for having acted out. They depersonalize and

fantasize about the individuals around them, instead of relating genuinely with them. Moreover, sex addicts are detached as they've produced walls of deception to hide their conduct. They live in dread and guilt, convinced that "if individuals truly knew the facts about me they wouldn't love me."

The only way to defeat this reclusiveness is to acquire safe relationships where addicts may be truthful about their tales, and discover acceptance and love. And this may be established in support groups with like-minded sex addicts in recovery.

## **2) Remove enticements**

For the same grounds that an alcoholic shouldn't spend time in a lounge, the sex addict has to monitor the individuals and images around him or her, and restrict the things that will set off sexual ideas and illusions. Particular video channels could need to be blocked off, and Net filter or accountability software arranged. The recovering sex addict might decide not to go to particular films, or visit particular parts of town, beaches, etc. The enticements encountered in these places are just too mighty. One place of specific importance is to go through the house and office to make certain that any hoard of sexual material is removed. This plainly includes porn, but likewise might include secret e-mail accounts, post office boxes, or cells.

## **3) Remain hyper- watchful about emotional health**

Individuals in recovery from sex addiction have to discover ways of addressing the emotional ups and downs of life without acting out sexually. In the past tense, they've turned to illusion and sexual practice as a way to handle painful feelings. So when

dreadful feelings come up, addicts must recognize that their sobriety is at risk. They've learned to refuse or minimize the damaging feelings they have, and rather utilized illusion and sexual practice as a way to handle these emotions. The process of recovery calls for gaining a fresh predisposition to the feelings that come on, and acquiring techniques to deal with them. The journey of recovery calls for acquiring a fresh regard to one's emotional state, and applying healthy coping techniques for terrible emotions like sorrow, anger, and fear.

#### **4) Work toward reconciliation and health in wedlock.**

Many addicts who are wed have significant trouble to work through with their mates, and a great deal healing to be done. Sex addiction is particularly destructive for marriages. Its very expression assaults the commitment to sexual fidelity, and produces enormous hurt and alienation. Acting out behaviors are nearly always attached to some sort of dishonesty – and frequently an voluminous web of lies – so trust has likewise been broken and needs to be reconstructed. Sex addicts require help formulating intimate relationships. Their addiction and the lies and shame it fosters has produced a distance and shallowness in their marriage. Many addicts don't understand how to process their angriness toward their mate in a healthy way. Because they're used to feeling shame and guilt about their actions, they can't discover ways of accepting and expressing their own needs and sufferings. When they experienced anger in the past, they frequently acted out sexually rather than dealing with the letdown or hurt that induced the feeling. Now they have to learn to do this. However it's more complicated than that. Sex addicts have to discover how to be truthful about their feelings and needs with the mate that they've hurt deeply.

Their mate – because of the hurt caused by the acting out behaviors – will likely be fighting to manifest acceptance and compassion to them. A lot of addicts fight to deal with the mixture of feelings they have toward their mate ... often love, compassion, and self-reproach combined with letdown and anger. If nothing else, addicts need the back up of their recovery group and other trusted acquaintances to help them carry out the transition from revelation of their addiction to openness and mending with their mate. This will take time.

### **5) Make peace with your past tense.**

Individuals are frequently amazed about why they fail to keep their resolution to abandon destructive behaviors. Addictions are more potent than simple habits, which may be formed and altered at will. Sex addicts have gotten dependent upon sexual conduct as a way of dealing with the tension, grief, and pain they confronted in their past.

Many sex addicts discovered sexual behaviors early in life to be an answer to medicate pain that was overpowering to them. Very frequently these addicts discover themselves being set off into these same feelings of guilt, loss, and stress as grownups, and find themselves reaching for the same solutions. As the saying goes, "old lesions, old answers."

Till they learn to address these past feelings and hurts in ways that are fit, they'll continue to battle with addiction.

Like a lot of things in life, recovery might appear easy on paper, but in practice it's not simple. It calls for the willingness to be truthful, to end reclusiveness, and to invest in recovery materials, therapy, and groups. But the payoffs are enormous. It may seem that the consequence of recovery is merely the conclusion of destructive behaviors, but it goes much deeper than that. Recovery is the opening of one's heart. Recovery makes it conceivable to live with a fresh freedom and self-regard. Recovery - particularly from sex addiction - opens the door to honesty and True intimacy in relationships.

Perhaps this book has presented you some fresh insights about how recovery works. Perhaps it reinforced things you've already heard, and gave you a reminder or another perspective about them. I do hope it's helped.

Take Care,

Pavel

**Dating Coach**

## Recommended Resources

@pavelslajs1

**#Dating Solved**

FREE-EBOOKS

**Private Launch! Get It Now Or Miss It Forever!**

[Gabrielle Private Offer](#)



My friend Gabrielle is a well-known sex expert with a unique approach on sexuality and she focuses on helping men and women to completely transform their sex lives forever. She takes

hot models in her courses to get entirely naked while they teaching you in this case everything about fingering in the last Episode of her show!