



## Before I say ,I do

“A successful marriage requires  
falling in love many times,  
always with the same person.”

Edris  KHAMISSA

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# Biodata: Edris Khamissa

Edris Khamissa is an international consultant in Education and Human Development. He began his career as a teacher of English. His passion and expertise for the subject culminated in his nomination as the Chairman of the English Society of South Africa. He has been a head teacher of three schools.

He has conducted numerous workshops in Australia, United States, Canada, England, Middle East, Nigeria, Lusaka, Mozambique, Botswana, Bangladesh and throughout South Africa. He was one of the founding members of the AMS-South Africa. He is an advisory member of IBERR - International Board of Educational Research and Resources. He is the co-author of the IBERR manual for Schools.

His expertise is in self-development and curriculum design. His creativity made him a dynamic lecturer in Didactic and Methodology at IPSA (International Peace University of South Africa). He also conducts in-service training for business corporations. As a Parenting Expert and a Marriage Counsellor he conducts workshops on these topics. Youth Leadership is another area of his focus. He is a regular guest on National and Community Radio Stations. His attendees find his programmes life changing. He believes that we should take ownership of our lives. This is clearly evident in his Personal Empowerment seminars/workshops.

One of his other specialities is motivating and training nursing staff. This has in many ways resulted in improved patient perceptions-in some instances from mediocrity to excellence.

If I do not change within the  
next 48 hours then it is unlikely  
I am going to change

# What is a Marriage?

A happily-ever-after marriage requires “a union of two complete and whole adults who **love each other deeply, unselfishly, and respectfully** and who **share a commitment to keep their wedding vows.**”



♥ Baby, ♥  
• Will You •  
Marry Me?

[CrazyInLove.com](http://CrazyInLove.com)

Is my partner the  
**total package** for me?



**The Total Package**  
*Everything you need and more*

# Questions to Ponder Before Saying 'YES'

- Is the timing right?
- Why this person?
- Are you marrying the person or the dream?
- Is my potential spouse emotionally healthy?
- Do you appreciate all of your partner's aspects equally, and without expecting him or her to change once you're married?
- Do you bring out the best in each other? Or do you bring out the worst?
- Can you count on your partner to always do and say the right thing?
- Is fear of being alone your primary motivation to get married?
- Is marrying this person in line with your lifelong goals?
- Can you honestly say your vows? Do you honestly mean them?



# Questions to Ponder Before Saying 'YES'

- Do you completely trust this person?
- Is there complete transparency between the two of you?
- Is this really the love of a lifetime?
- Am I prepared to be faithful for the rest of my life?
- How will we handle finances once we are married?
- Do we want the same things and share the same lifelong goals?
- Do we both want children?
- How important is religion or spirituality?
- Are we similar enough?
- How do we approach our relationships with our families?





Pay close attention to how your partner  
**treats his family.**



# Strategies for a **Happy Marriage**

- Commitment
- Trust
- Communication
- Conflict
- Skills
- Caring
- Priority
- Affection
- Expectations



There are many right reasons we marry the right person, there are also many **wrong reasons** we marry the wrong one.

Marry me?

- a. yes
- b. a
- c. b

Before you say, “Yes,” consider the following ...

## Top five *wrong reasons* we decide to marry the *wrong person*, ultimately resulting in divorce:

1. **Next Step.** We've been dating a long time, and this is the next step. The length of a relationship is not a measure of its long-term success.
2. **Peer Pressure.** All of my friends are getting married ... it's time. Feeling left out of the group may feel awkward, but is not a good reason to jump into marriage.
3. **Settling.** I don't think I'll do any better. It may sound cliché, but if you don't respect and love yourself, it will be difficult to respect and love another person.
4. **Behaviour Modification.** After we get married, I can force the other person to change. A marriage certificate is not a license to force your partner to modify his/her behaviours!
5. **Money.** He/She will be a good provider or comes from a good family. There's a lot of truth in the old saying, "If you marry for money, you'll pay for it." Though having money certainly doesn't hurt, it's not the basis for a solid relationship and won't hold together a bad union.

# Ways to find your Ideal Partner

“The most perfect relationship is the one that **supports you in fulfilling your destiny**—the one that **empowers you** to be everything you are meant to be **in this world and beyond.**” ~Jan H. Stringer



# Ways to find your Ideal Partner

**BE** the qualities that you're seeking in someone else.



# Where do people go wrong?

We want a person take care of us in a way that we aren't taking care of ourselves.

For example, you want someone who thinks your beautiful *because* you don't believe you're beautiful.

Or you want someone who offers you security, *because* you don't feel secure yourself.

This will never work.

# Feel the love you want in a relationship *before* the relationship exists

This step is the most difficult for people — you have to *feel* the results before they arrive.





# Feel the love you want in a relationship *before* the relationship exists

Where people go wrong with this step is they believe that a relationship will make them feel a certain way.

This is using a relationship to fill a hole within yourself.

We unintentionally use other people to make ourselves feel whole.

Find passion, drive, beauty, and magnificence  
within yourself.

Then the whole world starts to experience you that  
way, too.

This is how you manifest everything that you desire.

**Recognize that it starts within you.**

*you.*

# Questions For Attracting Your Ideal Partner

- What sort of personality traits would you ideally like your life-partner/spouse to possess?
- What sort of personality traits would you ideally like them to not possess?
- Which personality traits would be deal-breakers?
- Which physical traits would be deal-breakers?
- What are your ideal partner's physical traits?

**Attract  
Perfect  
Love**

[mindpersuasion.com](http://mindpersuasion.com)



# Questions For Attracting Your Ideal Partner

- Which morals would you want them to share with you?
- Which beliefs would you like them to share with you?
- Does their religion or cultural background matter and if so, in what ways?
- What sorts of interests and hobbies do you imagine your ideal mate to have?
- Do you want to have children with them and, therefore, is this something they must also want?



# Questions For Attracting Your Ideal Partner

- How would you want to raise your children and in what ways would your ideal partner need to share your ideas about parenting?
- How well would you like your ideal partner to integrate into your family, friendship circles and business circles, *and* in what ways?
- Do you have an age range that you want them to be within?
- Do you want them to possess a certain minimum level of ambition?
- Do you want them to have a certain minimum level of income?



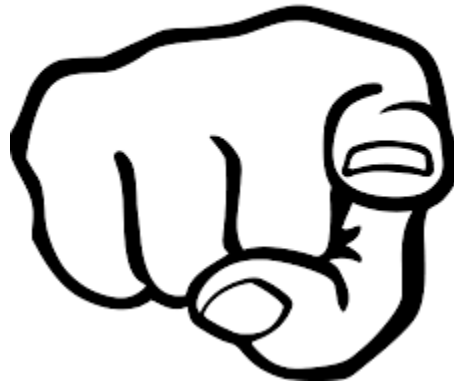
# Questions For Attracting Your Ideal Partner

- What sort of intimate life do you want to have with them?
- Which life goals would you want them to share with you so that you could grow old together rather than grow apart?
- How do you want your partner to make you feel on a daily basis?
- How do you want to make your partner feel on a daily basis?
- What do you see you both doing as you live every day together?



# Questions For Attracting Your Ideal Partner

Now ... ask yourself ... are **YOU** that person  
that you want your **ideal partner to be?**



Believe in yourself.

Believe in love.

Believe in having the relationship you want.

When you know that you can be, do and have anything you desire, there's no choice but for it to show up in front of you.



# Here are some frequently cited reasons for causing divorce

- Lack of commitment to the marriage
- Lack of communication between spouses
- Infidelity
- Abandonment
- Alcohol addiction
- Substance abuse
- Physical abuse
- Sexual abuse
- Emotional abuse

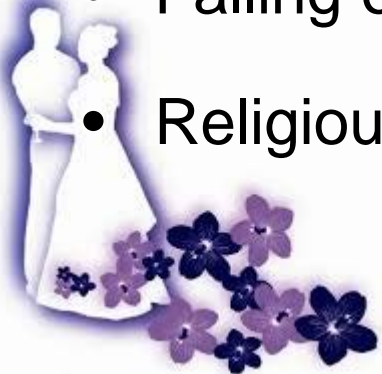
Marriage isn't  
about Winning -  
It's about  
Lasting.  
*Mark Gorman*

## Here are some frequently cited reasons for causing divorce

- Inability to manage or resolve conflict
- Personality differences or 'irreconcilable differences'
- Differences in personal and career goals
- Financial problems
- Different expectations about household tasks
- Different expectations about having or rearing children
- Interference from parents or in-laws

## Further reasons for causing divorce

- Lack of maturity
- Intellectual incompatibility
- Sexual incompatibility
- Insistence of sticking to traditional roles and not allowing room for personal growth
- Falling out of love
- Religious conversion or religious beliefs



# Reasons for causing divorce

- Cultural and lifestyle differences
- Inability to deal with each other's petty idiosyncrasies
- Mental instability or mental illness
- Criminal behaviour and incarceration for crime
- Cyber sex ... social networking
- Boredom
- Not growing together



# Keeping your Partner: LISTENING SKILLS

- Communication is the lifeblood of all relationships.
- It's not just about talking, it's about listening too.
- Listen to each other and if you don't, you just aren't communicating
- Loving communication must have understanding, honesty, kindness, and respect.

**Create Positive, Loving Communication**

**Better communication = better relationships**

# Keeping your Partner: LISTENING SKILLS

- Do you avoid staying on any one subject with your partner?
- Do you avoid making assumptions about your partners feelings or thoughts?
- Do you respond to your partner's suggestions or opinions?
- Do you bring up past issues during current disagreements?
- Do you interrupt your partner's conversation?
- Do you use sarcasm or jokes to respond when your partner talks?
- Do you respond to a complaint with a complaint?
- Do you insult and criticize your partner?
- Do you respond to your partner with phrases like...that's ridiculous
- Do you only see your point of view?

# Keeping your Partner: COMMUNICATION

- Believe that angry disagreements or arguments are harmful and negative for a relationship
- Believe that your partner should hear what you are thinking and feeling
- Get right to the point when discussing a concern in the relationship. State clearly what you want and don't want. Don't drop hints about your concerns in the relationship.
- Tell your partner what you like about them and your relationship. Don't tell your partner what you don't like about them

# Keeping your Partner: COMMUNICATION

- Don't withdraw from a conflict or conversation with your partner. Stay around until there is a resolution of the conflict or conversation
- Wait until they have finished stating their thoughts and ideas. Avoid interrupting your partner's conversation
- Avoid blaming your partner or others for your relationship problems. Acknowledge and accept your part in your relationship problems



# Ways to Lose Your Spouse

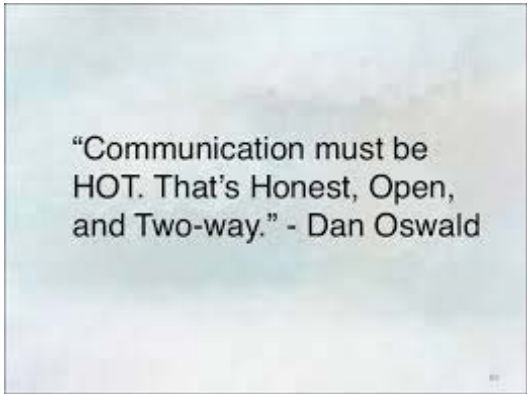
## When there is little or no communication

- Good communication starts with respect
- Put time and energy into communication, take full responsibility for the dialogue
- Express your thoughts and feelings fully and encourage your partner to do the same
- Resolve misunderstandings by asking questions and seeking clarifications rather than by getting angry.
- Express commitment verbally
- Behave with integrity
- Show affection
- Share companionship
- Give emotional support
- Create a positive atmosphere
- Celebrate the relationship
- Work through problems

# Ways to Lose Your Spouse

## When is little or no communication

- Minimizes confusion
- Maintains marriages through assurances
- Enhances marital satisfaction
- Communication is a process



“Communication must be  
HOT. That’s Honest, Open,  
and Two-way.” - Dan Oswald

# Communication

Words: 7%

Tone of voice: 23%

Body language: 30%

Facial expression: 40%

COMMUNICATION  
TO A RELATIONSHIP  
IS LIKE  
TO LIFE **OXYGEN**  
WITHOUT IT... IT DIES

# Communication

## **Adapt your Interpersonal Communication Style**

- Understand your behavioural tendencies
- Understand how your style may affect others
- Understand, respect, appreciate, and value individual differences
- Develop strategies for flexing your communication style
- Armed with an understanding of communication styles, can improve interactions very quickly

**Effective communication is a vital part of building and maintaining good marital relationship.**



**THINK** before you speak

Is it **T RUE**?

Is it **H ELPFUL**?

Is it **I NSPIRING**?

Is it **N ECESSARY**?

Is it **K IND**?

Harsh words make hearts that are soft as silk – hard as rock



Soft words make hearts that are hard as rock – softer than silk

# Keeping your Partner: FIGHT FAIR

- How well you handle your differences will ultimately determine the health of your relationships.
- Do you fight fair?



# Keeping your Partner: FIGHT FAIR

- How well you handle your differences will ultimately determine the health of your relationships.
- Do you fight fair?
- Do you exercise name calling?
- Do things get out of control when you argue?
- Does it get nasty or abusive?
- Are there bad feelings that lasts for a long time afterward?

...be quick to listen, slow to speak  
and slow to become angry. JAMES 1:19





# Keeping your Partner: FIGHT FAIR

- Do past issues from your current relationship come up during disagreements?
- Is there frustration even before you deal with problems?
- Do you forget what you fighting about but continue to fight?
- Do you believe someone must win?
- Do you agree to disagree?
- Do you place blame?
- Do you listen to each other while dealing with problems?

# Keeping your Partner: FIGHT FAIR

- Does little arguments escalate into ugly fights with accusations, criticisms, name calling, or bringing up past problem?
- Do your partner criticizes or belittles my opinions, feelings, or desires?
- Does your partner seems to view my words or actions more negatively than I mean them to be?
- When we have a problem to solve, it is like you are on opposite teams?
- Do you hold back from telling your partner what you really think and feel?
- Do you feel lonely in the relationship?
- When you argue, does one of you withdraw?

# Ways to keep your partner interested in YOU

- Initiate intimacy
- Romance your partner all the time
- Be open to experiment different intimate experiences
- Don't over-accommodate. Maintain a healthy sense of yourself in your relationship.
- Don't be too controlling
- Make sure your partner knows you appreciate him or her
- Allow him or her time for themselves
- Make your relationship your priority
- Learn his love language

# Five emotional love languages

- Words of affirmation. Verbal compliments, or words of appreciation, are powerful communicators of love.
- Quality time. Giving your undivided attention
- Receiving gifts. "Look, he was thinking of me," or, "She remembered me."
- Acts of service. Do things you know your partner would like you to do.
- Physical touch. Physical touch is a way of communicating emotional love.

## WHICH LOVE LANGUAGE?

## HOW TO COMMUNICATE

## ACTIONS TO TAKE

## THINGS TO AVOID

 <b>WORDS OF AFFIRMATION</b>	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 <b>PHYSICAL TOUCH</b>	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 <b>RECEIVING GIFTS</b>	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 <b>QUALITY TIME</b>	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 <b>ACTS OF SERVICE</b>	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

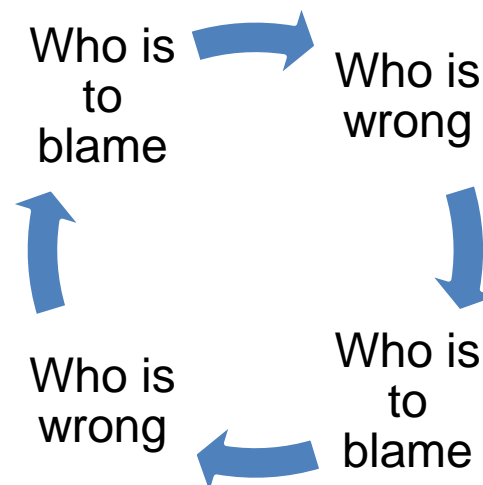
## Some attractive examples and points we need to adopt to achieve a marriage of romance:

- Know their feelings
- Console her
- Laying in the wife's lap
- Combing the spouse's hair
- Drinking and eating from one place
- Kissing:
- Lifting the morsel to her mouth
- Assisting her in the housework
- Telling her stories
- Sharing happy occasions with her
- Racing with his wife
- Calling her by a beautiful name
- Dress for your spouse
- Utilising perfume:
- Do not talk about her private matters
- Loving and respecting their families

Disagreements is a **normal** part of all relationships

Disagreements helps couples **learn about each other** and **resolve differences**

Even couples that have a relationship that is based on **trust and open communication** can still find themselves periodically caught in a destructive cycle of arguments.



Disagreeing to **HURT EACH OTHER**  
or  
**SIMPLY DISAGREEING** about something?

## Disagree to Strengthen your Relationship

It is not possible  
for us to agree with  
everyone all of the time  
about everything. But  
**it is possible**  
to stay agreeable people  
when disagreeing. *Rashid*

[www.RomancingYourSoul.com](http://www.RomancingYourSoul.com)



# How to Disagree with Your Spouse and Still Get Along

## Why saying, “I disagree” is not a good way to disagree

- “I disagree,” is not a good way to respond to anyone
- Message is *accurate*
- Packaging is poor
- Closes down communication



## You need to keep communication going so that you can BOTH:

- Facilitate cooperation
- Resolve your differences instead of just being stuck with them

# Ground Rules for Healthy Disagreements

- Accept that disagreements are ways that you can **explore differences between you** and **learn more about yourselves**.
- Conflict doesn't have to be seen as negative or something that will cause permanent damage to the relationship.
- Arguments happen in all relationships
- **Avoid stating the problem** as an issue with the other person, or by **blaming** the other person for the uncomfortable situation.
- Criticism or personality assassination **is counterproductive** and leaves people feeling **defensive and hurt**.

Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with everything they have.

# Ground Rules for Healthy Disagreements

- Blame and contempt will quickly become an **infinite feedback loop** that is **destructive** to the very fabric of the relationship
- **Create quiet time to discuss the problem.**
- **Listening respectfully** to each other, without interrupting, will allow each person to feel that their **thoughts have been expressed and heard.**
- We need time to explore differences and learn about ourselves and that cannot happen if someone brings up a beef right before bedtime or when they are running out the door in the morning.



# Ground Rules for Healthy Disagreements

- **Breathe!!** We tend to get agitated when we are upset which often leads to screaming, crying or shutting down. None of these modes of communicating really allow us to express what we are feeling and certainly doesn't allow our partners to really hear what is disturbing us
- **Allow yourself to be curious and inquisitive** about exactly what it is that your partner is troubled about.
- Ask questions that will help you to fully understand why they are upset and especially what they are feeling about the situation



# Ground Rules for Healthy Disagreements

- **Work to slow down the process** of discussing this particular sticky issue.
- When we get upset we tend to jump in head first without fully understanding exactly what has made us upset.
- Remember that the issue that seems like the reason for the fight is really masking the deeper, more sensitive emotions that have gotten triggered
- **Stay away from the nitty-gritty details** of the incident.
- The details are not important and tend to hijack a couples ability to learn what the emotions are that are driving the upset
- **Take breaks** when discussing difficult issues so that you can each have the time you need to regroup, be certain about what is really going on and **remain calm**

The way  
we communicate  
with others  
and with  
ourselves  
ultimately  
determines  
the quality  
of our lives.

- Anthony Robbins

THE BEST PERSON  
TO TALK TO ABOUT  
THE PROBLEMS IN  
YOUR RELATIONSHIP  
IS THE PERSON  
YOU'RE IN  
RELATIONSHIP WITH

## Ground Rules for Healthy Disagreements

- **Find points of agreement** so that you both can feel that there is possibility for **reaching a settlement**.
- When we see that there are many places that we agree with each other we are more able to work through the places where there is disagreement or an impasse
- Be sure to **acknowledge your love and admiration** for your partner.
- Even if you are angry the **feelings of love are there** (though they may be hidden at the moment) and we especially **need to be reassured of our partners love** when we are **feeling upset and distant**



“In every disagreement in your marriage, remember that there is not a winner and a loser.

You are **partners in everything**, so you will either win together or lose together. Always work together to find a **solution”**.

DaveWillis.org



# Before the argument gets completely out of control

- Learn to **repair** the situation
  - Use humour
  - Stroking your partner with a caring remark
  - ‘I understand that this is hard for you’
  - Make it clear you're on common ground
  - ‘We'll tackle this problem together’
- **Exit** the argument

Every time  
you are able  
to find some  
humor in a  
difficult situation,  
you win.



# Togetherness

## Emotional togetherness

being attuned to each other's feelings

## Intellectual togetherness

sharing of thoughts, ideas and opinions



## Operational togetherness

involvement in performing everyday tasks

## Recreational togetherness

having fun and excitement together

# Togetherhness

## Crisis togetherhness

support one another in times of difficulty

## Aesthetic togetherhness

share the beauties of life



## Motivational togetherhness

you inspire the best in one another

## Spiritual togetherhness

finding purpose in life and living meaningfully

# Tips for a Happy Marriage

- Use purring words and not snarling words.
- Know when to speak and when to be quiet.
- Be passionate and intimate.
- Avoid pettiness.
- Be humorous. Laughter lubricates life.
- Praise in public and chastise in private.
- Even if you disagree, do not become disagreeable.
- Grow together.
- Be forgiving.
- Be supportive of each other.
- Be of service to others.
- Treat each other with respect.
- Do not become obsessed with social -media.
- Read, read and read.
- Do not dwell on the mistakes of the past.
- Get to know your Creator.
- Get to know your Prophet (PBUH).

# Ways to Lose Your Spouse

## When there is any kind of abuse

### Types of abuse in a marriage:

- **Control:** Control a spouse's behaviour, friends, finances, or activities is often the first sign of an abusive situation and may be a precursor to violence. Abusers tend to isolate their victims and chip away at their self-esteem until he or she becomes the only person in the victim's world. Control may be attempted by using threats, anger, or excessive criticism.
- **Emotional manipulation:** Another form of psychological abuse is the use of guilt, criticism, anger, or other manipulation to degrade the victim. The purpose may be simply to hurt him or her, or to force compliance. **Your spouse may play mind-games, attack your vulnerabilities, threaten to leave or withhold affection/approval as punishment.** Repeated infidelity also falls under emotionally abusive relationships.

# Ways to Lose Your Spouse

## When there is any kind of abuse

### Types of abuse in a marriage:

- **Verbal abuse:** Constant demeaning, insulting, or humiliating comments in public or private are incredibly damaging forms of verbal abuse. This includes telling hurtful “jokes” about you despite your discomfort and requests to stop, name-calling, swearing and insults, questioning your sanity or ridiculing your opinions/desires.
- **Sexual Abuse:** Until recently, unwanted or forced sex within marriage was not considered “rape”. **Married victims of sexual abuse still face considerable stigma when coming forward with their sexually abusive relationships.** Sexual abuse includes unwanted sex, withholding sex, forced engagement in any sexual activity that frightens or hurts you, refusing to practice safe sex or preventing you from using birth control or making decisions about pregnancy/abortion.
- **Physical violence**

# Ways to Lose Your Spouse

## When there is no expression or demonstration of love

- No expression of love affects emotional safety of spouse
- Be emotionally available
- Be creative when you express your love, both in words and in actions
- Flirting, intimacy and sexual energy can eliminate the negative feelings, worries and stress that sometimes takes over the relationship.
- Be passionate
- Make the effort

"Marriage is a not a noun; it's a verb.  
It isn't something you get.  
It's something you do.  
It's the way you love your partner every  
day."

*Barbara De Angelis*

LindaJoyceJones.com

# Love Agreements

## Faithfulness

- I will be faithful to my spouse at all times in everything.

## Patience:

- I will not try to change my spouse, but I will modify my behaviours

## Forgiveness:

- I will quickly ask forgiveness. And I will forgive my spouse's offences in my heart even before being asked.

We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck. But part of it has got to be forgiveness and gratefulness.

Ellen Goodman

[WWW.VERYBESTQUOTES.COM](http://WWW.VERYBESTQUOTES.COM)



# Love Agreements

## Service:

- I will anticipate my spouse's spiritual, emotional, physical, and material needs and will do everything I can to meet them.

## Respect:

- I will not act or speak in way that demeans, ridicules, or embarrasses my spouse.



## Celebration:

- I will appreciate my spouse's gift and attributes and celebrate them personally and publicly.

# Promises of Marriage

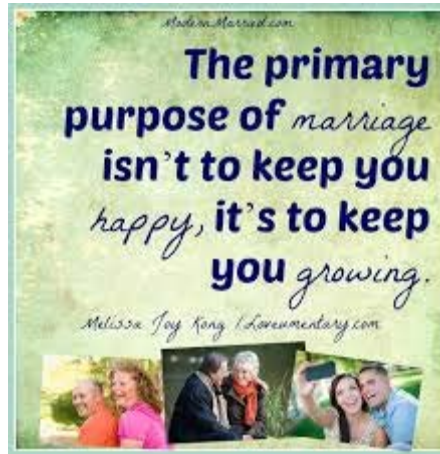
Is a promise of companionship of having someone to share all of life's experiences.

**I** promise  
*to hold your hand*  
and TELL YOU  
**I LOVE YOU**  
*every day*  
FOR  
the *rest*  
**OF OUR LIVES**

# YOU and your SPOUSE

- Deserve to be happy and successful
- Have power to change
- Deserve to be loved
- No one can diminish YOU
- Can make decisions
- Should be affirmed





## Tell Yourself...

- I deserve to be happy
- I have the power to change myself
- I can forgive and understand others and their motives
- I can make my own choices and decisions



## Tell Yourself...

- I can choose happiness whenever I wish no matter what my circumstances.
- I am flexible and open to change.
- I deserve to be loved

## Infatuation

## Love

### Definition

Infatuation is the state of being completely lost in the emotion of unreasoning desire.

An intense feeling of deep affection.

### Symptoms

Urgency, intensity, sexual desire, anxiety, high risk choices, reckless abandonment of what was once valued.

Faithfulness, loyalty, confidence. Willingness to make sacrifices for another. Working at settling differences. Able to compromise so that either both win or at least give the other person's opinion a chance.

### Person to Person

Reckless commitment to satisfy one's all consuming lust.

Commitment to another. Genuine intentions. Think about other person's feelings before acting.

## Infatuation

## Love

### Feels like

All-consuming euphoria similar to recreational drug use (addictive chemical reactions in the brain), stupidity (cupidity). Can risk everything for the next hit of adrenalin.

A deep affection, contentment, confidence. Partners communicate and negotiate appropriate expectations. Requires a lot of selflessness and polite assertiveness. You are loving your best friend.

### Result

Emptiness, consequences of choices made while under the influence of mind numbing temporary lust.

Security, peace, a solid partnership which can provide the ideal atmosphere to raise confident, secure children.

### Effect

Being controlled by brain chemistry, not the heart, loss of ability to make rational evaluations of what is true, valuable and worthy.

Contentment, stability.

## Infatuation

## Love

### Interdependency

Cannot be sustained without some portion of love and physical attraction. Desire to be always close to that person at any cost.

Partnership. Can lead to codependency if not tempered with self-awareness and self-guidedness.

### Time Period

Takes off fast and furious like a spark in dry grass burns out quickly and can leave feelings of emptiness.

It will deepen with the passage of time.

### Commitment

This is temporary in life and goes off after some period.

This is permanent commitment and stays throughout the life.

### Bottom Line

Infatuation is delusional. Not real.

Love is unconditional and the real deal.

### Patience

Infatuation is of the now.

Love is a gradual process. It happens over time.



# What WOMEN want

- Confidence
- Ambition
- Sense of humour
- Passion
- Intimacy
- Romance and fun
- Great lover
- Gentleness
- Intelligence
- Sociability
- Communication skills
- Safety



# What WOMEN want

- Positivity
- Well-groomed
- Independence
- Friendship
- Trust
- To feel loved
- Share goals
- Admiration and respect
- Commitment
- Optimism
- Problem solving
- Providers
- Safety



## What MEN want

- Admiration and respect
- Fidelity
- Commitment to the relationship
- To be the provider
- Romance
- Intimacy
- Wife's appearance
- Self-sufficient woman
- Secure woman
- Confident woman
- Manipulation-free relationship
- Growth, personal responsibility, and ownership

