



Learn to Love

Love and Sexuality

Tutorial 4

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Learn to Love Letter

Index

1	Why a tutorial? _____	3
2	Everyday challenges _____	6
3	Some basic thoughts _____	9
4	The rule of love _____	10
5	What this implies for the relationship _____	11
6	Renovating your daily life _____	12
7	Exceptions and limits – even to love _____	15
8	Further thoughts _____	16
8.1	What could prevent us from living this rule of love _____	16
8.2	What helps us to live the rule of love _____	17
9	What have I learned? _____	18



1 Why a tutorial?

An insight we might admit to from our personal as well as our professional world might be that:

*Partnerships do not collapse because
of a lack of love
but rather from a lack of knowledge.
If we knew more
we would make them work better.*

Does that seem too easy? Perhaps, but it is easy to agree that we all want the same things, i.e. happiness and contentment - especially in a partnership. But how can we achieve them? When we look at our families and friends we can't help but be shocked at the number of separations and divorces. Moreover, many couples who do remain together do not give the impression of being particularly blissful. Why is this the case if everybody longs to be contented?

Could it be that some of us never learned how to be happy in a partnership? After all, how many of us had the opportunity to consciously prepare for a partnership or indeed for married life? In an age of specialization, society does not have a single specialist institution that we might consult when it matters - i.e. before we commit ourselves. A lucky few of us have role models, but how many of us have ones that are really useful?

We believe this model might be. We would like to **invite you** to work **your way** through it - alone, **with a friend, or with your partner**. This tutorial could give you knowledge that would enable you to change the quality of your partnership and to make it more secure, more relaxed and happier.

Partnership, love, family are the themes that affect our personal lives. Talking about these themes means having to get personal i.e. talking about things that mostly remain in the private sphere.

We intend to talk about personal matters. Each tutorial is built around three sample relationships. We have created them from the multitude of stories that have been lovingly shared with us in our professional lives. Some points from some of the stories we have heard are reflected in the samples. However their circumstances have been altered in such a way that nobody's individual story can be recognized.

You might feel that the stories depicted in the examples are exaggeratedly simple. That is the intention. We believe it is beneficial to use sharp contrasts in order to clearly demonstrate the efficacy of altering conditions. The stories are not intended to be great literature but rather working papers. The representations of common situations with their potential for sudden conflict are intended to demonstrate the universality of one's own problems, i.e. that they are "normal."

The seemingly simplistically harmonious solutions depicted in the second part are an envisioning of one of our fundamental beliefs; i.e. that apparently small modifications in our dealings with each other can have dramatically positive and happily permanent consequences.

Occasionally, you might recognize a slightly altered story in a later tutorial, which treats an apparently dissimilar topic. The reason for this is: depending on the particular point of view, a further issue (conflict) might come to the fore. Relationships, like communication networks, are very much intertwined.



We invite you to learn from the experience of others - as we always have done and continue to do. We invite you to share your experiences and insights with us and with others. To facilitate this, we have created a guest book where you can ask questions but also respond to the questions of others who are working with the tutorials. Perhaps it will be your idea that will make the difference in somebody's life.

But who are these other people? We think they are people like you: People who take their relationships seriously enough to want to improve them: People who believe they themselves and their relationships can be improved: People who are prepared to take advantage of the Internet - to learn - with and from others: People who value flexibility. We believe this offer is equally useful to men and women, young and old, to young people in relationships that feel old and to older people who want to re-invigorate relationships that have gone cold.

As in all our projects, we are assuming that you agree with us on the fundamental equality of men and women. This conviction is reflected in the language we use. The statements usually apply equally to either gender.

From our point of view, such tutorials are an optimal method to work profitably on one's own relationship at one's own pace. The first 14 tutorials deal with the basic rules of how to deal with conflict in the partnership in such a way that a more relaxed relationship can be established.

Let us agree on something else. Conflict is a normal part of every relationship. They will arise anew and will have to be solved anew. However, neither our upbringing nor the role models in our societal environment have ever been of much help in either resolving existing conflicts or avoiding new ones.

We rarely meet people who can be of real help with the specific issues we need to successfully resolve or who can tell us how or why to make a specific move.

To help overcome this problem, we have created an overview of the tutorials. This will help you identify the tutorial, which contains the topic that is important to you right now. It makes more sense to begin with the topic you and your partner have identified as most relevant to you regardless of its sequence in the list of tutorials. Search it out together and work through it together. Simply doing this with your partner is an important step in improving your current situation.

What does it mean if you cannot identify any success? In our experience, change takes time. Another factor is the length of time we have already used to get used to an existing pattern of behaviour. This applies even when we intellectually recognize that; "this isn't working and we have to make changes." Even then, the power of habit plays a role. The longer we have taken to form a habit, the longer it may take to (re-)form it.

If time has passed and there is still no success, it might be because there is an unconscious "objection" to your achieving success, contentment or happiness.

We will be dealing with this question from tutorial 30 onwards (expected in the 3rd quarter 2010)



Guide to the tutorial

- Based on several real-life examples. Examine the structure of partnership problems and thus recognize the source of hurt.
- Get to the philosophical basis of core problems by asking both serious and humorous questions
- Learn problem-solving rules
- Question these rules and in doing so, discover their importance. Recognize that breaking the rules will result in hurt.
- Look at the examples again through new glasses.
- Scrutinize the limits of the rules.
- Some tips on how to jointly apply these rules.

Tutorials 1 to 18 can and should be gone through in the sequence of your choosing. Tutorials 20 –30 are designed to deepen topics that have been previously addressed. They are most useful if you have already worked through the particular topic.

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2 Everyday challenges

Example 1:

Jan and Luisa have been married for a few years and have recently become parents. They had both been employed in different advertising agencies but Janina's birth has changed their lives completely. Immediately after the birth, Jan had taken parental leave so he could spend the first three months with his family. It had been a wonderful time and they had had the opportunity to grow together. Unfortunately, the time flashed by and in April Jan had to go back to work full time.

He misses his little family and although her days are filled, Luisa misses Jan. She enjoys the intimacy with her small daughter, who already has a distinct personality. They spend every afternoon in the open. Once a week, Luisa meets with a couple of women from the birth preparation course with whom she gets along well.

As time passes, Jan has to concentrate fully on his job and rarely gets home before 20.00. He is tired and mostly, his little daughter is already asleep.

Janina sleeps with her parents in the big bed, and when Luisa breastfeeds her at night, Jan is barely awake. Luisa has deliberately chosen to breastfeed and is pleased that it has worked out so well. She knows from friends that this cannot be taken for granted.

Physical intimacy between Jan and Luisa has been reduced to loving cuddles - and not just since Janina's birth. It has been some time since Luisa has really desired her husband passionately.

Jan misses their sexuality. But he does not want to pressure Luisa as he is quite often exhausted too. Nevertheless, he has recently been wondering if "that was it?" Does becoming a parent mean that a partnership will automatically sink into asexuality? Can he only look forward to a future of work, sports and taking care of children? As it often is, weeks pass without sex.

Eventually, Jan expresses his thoughts aloud. Luisa, who is tidying up scattered toys from the long wooden dining table in the open kitchen, pauses in her movement and looks thoughtful. However, she does not really say much and Jan leaves the subject alone.

A few days later, Luisa brings up the topic again: "I think it's important not to try to force anything. For me, our new life has brought some pretty big changes. My thoughts are often with you. I love you, you know that, and I hope you feel that?" She looks questioningly at her husband. Jan nods and takes Luisa into his arms and strokes her hair: "I just miss you sometimes." He tenderly kisses Luisa, who quickly frees herself. Looking obliquely at her husband she says: "You aren't one of these guys who think they can exert pressure, are you?" "No, I'm not," he answers, "at least I think not." Jan looks at her thoughtfully and Luisa feels that something is not really right between them. However, pressure is the last thing she wants from her husband right now.



Example 2:

Sebastian and Sabrina have been married for almost 20 years. Their only son Rolf has left home and, following in his father's footsteps, is studying law. Sebastian is a successful lawyer with his own law firm and several employees. His workload is enormous but, as he likes to say, "nothing is free in this life."

Sabrina, a passionate horsewoman, has a large circle of friends. For many years, she has been supporting her friend Anke, who runs a private riding stable. In the early years, Sabrina had helped with advertising and later, when the riding-school started to do well, with advice and organization. Anke's most recent venture is the opening of a small but well-stocked specialty store in an unused stable near her house. This too was Sabrina's idea.

It often happens that Sebastian and Sabrina hardly see each other all week. Sebastian leaves the house early, while Sabrina is usually still in the shower. However, they keep each other up to date by telephone during the day, as Sebastian often has to spend evenings with business partners or clients. In fact, in recent months, his workload has increased even more, because his firm has acquired two important new cases. This means that Sabrina hardly sees her husband in the evenings. Although she is keeping busy - at the urging of an acquaintance, she has recently been volunteering at a social organization - she misses her husband.

Quite naturally, their relationship had changed over the long years. From the early hot love, a good, humorous relationship had developed, in which both could nurture their individual projects, without their partner feeling neglected. In fact, each has always revelled in the successes of the other. However, lately, Sabrina has been feeling that somehow they have lost touch.

It's getting to be dangerous, thinks Sabrina. I don't know anymore who he spends his evenings with, what bothers him or even, what excites him. Not that she doubts his affection or fidelity. It is just that they know so little about each other nowadays - and their sexuality has been dormant for a long time.

"What would you answer if a Genie asked what you wanted?" Sabrina looks inquiringly at her husband over the edge of the coffee cup, as they enjoy the rare pleasure of a completely uninterrupted day. "A genie? Hmm ... " Sebastian looks thoughtful, then looks out the window: "I would wish that I could sleep for a whole week!" With a sigh, he reaches for the newspaper, but lays it aside, stands up and stretches. "I think I'll run a lap. Wanna join me?" Sabrina shakes her head.

She is disappointed, even if she feels a little childish. She would wish for a weekend all alone with him; only the two of them in a small, quiet, romantic hotel somewhere with a nice view in the mountains; an open fireplace in the small lobby; a large, wonderfully comfortable bed, where they would make passionate love. In moments when she is honest with herself she admits that she is unhappy. It disturbs her that her husband no longer desires her sexually. Obviously, she is no longer attractive to him. The thought hurts. On the other hand, she often notices that other men seem quite interested in her. She sometimes wonders what would happen if she reacted?

Indignant with herself, she pushes the thought aside once more. What nonsense. She loves Sebastian and still desires him. Unfortunately, this desire does not seem to be reciprocal.



Example 3:

Nina and Michael have been together for three years. Recently Nina has begun to notice that Michael is physically withdrawing from her. At first, it does not really bother her, because she is often tired in the evening from a long day as a hairdresser. However, she can't help but notice her partner's increasing lack of response to her loving advances. He is still tender, but they seldom sleep together anymore. Michael still seems to love her but he seems to want to keep her at a distance. Nina begins to wonder if she is still attractive enough to him. "Does he perhaps have a girlfriend? Have I perhaps done something wrong?"

Again and again she attempts to talk to Michael on this subject. He just blocks her or she gets evasive replies. He responds indignantly to her direct question whether he has fallen in love with someone else - of course he does not have a girlfriend. "That is absurd!"

Nina does not want to pressure Michael. She does feel that he loves her and does not really think he is interested in someone else. Nevertheless, his refusal to make love makes her deeply insecure.

And Michael? What Nina does not know is that Michael has a painful inflammation on the penis, which he cannot explain. He has never in his life had such a problem and hopes that it will get better and disappear. He sometimes has the impression that his symptoms are improving, and is hopeful, but then the inflammation increases again. He does not know what to do.

Of course he considers seeing an urologist, but what should he say to him when asked where he got the infection? He simply does not know! What's more, he is somehow ashamed to talk to a stranger about something so intimate, even if that "someone" is a doctor.

Months pass and things deteriorate for both Nina and Michael.



3 Some basic thoughts

Love and relationship – what does it mean?

Are you familiar with these or similar scenes?

Yes ☐		No ☐
Remarks:		

May one partner “demand” sex from the other?

Yes ☐		No ☐

In a relationship, is too much importance placed on sexuality?

Yes ☐		No ☐

Fundamentally, should one’s “right” partner be open to sexuality as an expression of his or her love – in the absence of serious reasons not to be?

Yes ☐		No ☐

If one partner does not (longer) feel the need for sex, in the long term, should the other partner respect this?

Yes ☐		No ☐

Sexual “time out” is normal in a relationship, isn’t it?

Yes ☐		No ☐

Do you have questions about sexuality that you have never asked?

Yes ☐		No ☐

We would ask you to please consider these questions in detail before you read on – and consider how **a loving couple, who are enthused by their relationship**, would answer them.

Please take your time – a few days at least – then read on.



4 The rule of love

If we have not had sex for more than x days, we will sit down together and discover why.

Perhaps you feel it is exaggerated or basically unnecessary to define a specific number of days? Perhaps, you assume there is already sufficient space to discuss important matters in your relationship and it is not necessary to arrange to consult on a particular topic? Perhaps, sexuality isn't too important in your relationship and perhaps you can't imagine increasing its importance by devoting specific time to it?

There are 3 reasons for our decision to make this topic one of basic "Love rules":

- Sexuality plays an important role in a relationship.
- Sexuality is that aspect of a relationship that is discussed most frequently in the media and in conversations - and in which there is a never-ending wealth of advice and new theories. It is often the case that we have more theoretical knowledge than knowledge about our own personal needs and desires in sexuality.
- Sexuality is a measure of relationship quality, it is the language of emotions on the path of the body, which gives me insight into the confidence my partner perceives in the solidity of our togetherness.

Therefore, we are hereby discussing a theme, which is central, according to our understanding of a happy, relationship. It is a theme which has many different, sometimes contradictory facets but it is an expression of confidence and security in a relationship..

Each and every one of us have proceeded along our own individual path to our current understanding of how sexuality is best and most beautifully lived. This includes the context and rhythm in which sex takes place. We take all our previous experiences into our current relationship. Unfortunately, for many people, this includes stressful experiences. From all this we generate a sense of what is "normal," what makes us feel good and what makes us feel safe.

Do I feel uncomfortable in my relationship? For example, if my partner has a very different understanding of how sexuality looks at its best - I will anxiously and / or aggressively be on the lookout for signs that confirm my fears. I will wear the appropriate "spectacles" and find sufficient evidence. After all, many events can be evaluated positively or negatively, depending on my own mood. If I feel unwell in myself, I am increasingly insecure in my relationship. I am unsure whether my partner really loves me; unsure whether our relationship really makes sense.



A relationship that is based on maximum transparency and openness in significant aspects of the partnership is most effective against this process.

We propose that you be open to the question: Am I happy with how often we love each other physically? And we suggest that you together consider the time period you think is OK for an (another) absence of sexuality.

There are many things might "stand in the way" of sex. They include the excessive demands of multiple stress, physical illness and the unresolved conflicts that provide the background for a sense of alienation in the relationship.

That is why embarking together on a new quest is always such an adventure.

Either way, the quest will result in an increase in mutual trust and understanding.

In many cases it will be enough if you make space for an exchange based on openness and affection, the aim of which is to find out why sexuality is not (no longer) taking place. In some cases, above all, if you suspect the reasons lie in unresolved conflicts, it might be helpful to get support from couple counseling.

5 What this implies for the relationship

If we consciously agree on the need to search for reasons why no sex is happening when a specific period of time without sex has passed, we will experience a significant increase in mutual confidence and in our relationship.

Because it reveals our spiritual nakedness and vulnerability, sexuality brings us very close to our partners. For this reason, our confidence grows significantly, if we agree to embark on such a search after an agreed time. We can do it without a feeling of uncertainty, because with our decision for this rule of love we have agreed on the following aspects:

1. We both affirm sexuality (not just one of us).
2. If a situation arises that we have had an extended period, for example X days, without sex, we may, with a clear conscience and without fear, approach our partner.
3. We have reached an agreement on a section of our relationship that is often characterized by misunderstanding and assumption. This gives us the confidence that we can solve any related problems that may arise.



6 Renovating your daily life

Example 1:

Luisa und Jan:

Finally Jan decides to once again discuss the subject of sexuality with Luisa. He does not want to exert any pressure. He cannot imagine doing so. However, he really wants her to understand his thoughts and he wants to find out what she really thinks on this subject. She was a sensual woman when they met: could having a baby change a woman so much or does she perhaps miss their sexuality too?

He organizes the grandmother as babysitter and reserves a table at their favourite Italian restaurant. Luisa is pleased but on the afternoon of the "big event" she is nervous. What if Janina unexpectedly deviates from their breast-feeding rhythm? What if she starts crying and cannot be calmed? Patiently, her mother-in-law goes through the schedule with Luisa: "The restaurant is not far away. In less than 10 minutes you can be here, should it really be necessary. Have your mobile phone on the table and you are always available. I'm sure everything will be OK, don't you agree little baby?" Smiling, she turns to her granddaughter, who gurgles happily and reaches for her outstretched finger. Luisa sighs deeply: "You're right." And she decides to really enjoy the evening.

The food is delicious, and when, between the soup and the main course, Luisa has satisfied herself by phone, that Grandma and daughter are doing well, she begins to relax. They talk about everything. Also about how much Janina has changed their lives.

"Do you mind if I say something about our sexuality?" Jan finally asks cautiously. Luisa nods and he continues: "Luisa, do you really know how much I love you? And because I love you, I want to sleep with you very often. But then I realize that this is not the case with you.

Or am I mistaken? And that concerns me. I want to know: are you missing something from me? Is something bothering you? Recently, you asked if I want to put you under pressure – this is clearly not the case. That is just not me. I thought that was absolutely inappropriate. I am happy with you and I want to sleep with you. I want to make you happy. Do you understand what I mean?"

Luisa is a little surprised that Jan is able to address this issue so clearly and yet so lovingly. She thinks for a long time. In fact for so long that Jan becomes restless. However, when he begins to say something, Luisa shakes her head and presses his hand briefly. Finally she says: "Actually I miss our sexuality too. There are often moments during the day where I think of you, and how it would be if you were suddenly there and Janina was asleep..." She smiles at her husband slyly. "But at night I'm really exhausted, I would have never have thought that life with a child required so much energy..."

There are also times when I feel the roof is caving in, especially when you are late as you have often been recently. Then I lie on the sofa and think - but not about sex! I wonder if I am as important to you as you always say? Why do not you come home earlier to be with us, to help me, so that I can feel that we both look forward to seeing and being with each other, to helping each other, to being close... Do you understand?

It is a good discussion. They talk about wishes and needs and the fact that they have to communicate regularly to stay in touch with each other: and about how to give one's partner the feeling of being really important. For thus creates closeness and security and finally the desire to be physically very close. They talk until Luisa's phone rings - Janina wants to be fed! Hand in hand Luisa and Jan walk home.



Example 2:

Sabrina und Sebastian:

A few days later, Sabrina decides that if things go on like this she might end up having a silly affair. Even if it did give her the feeling of being a desirable woman for a short time – she would not be able to look in the mirror.

She decides to consult a relationship counsellor she knows from the riding stable. She briefly describes her thoughts especially the recent ones and her wish that her husband and she can get physically closer again. "It is not just the sex. What I lack is closeness and I have done for a long time." The therapist encouraged her to address her husband directly. They go through, how Sabrina could initiate the conversation with Sebastian and the kind of atmosphere that could be suitable.

A few evenings later, she is finally ready. Sebastian is sitting wearily with a newspaper in the living room when Sabrina addresses him: "Do you have some time for me? I've got a problem I would like to discuss with you." Surprised, Sebastian looks at his wife - of course he has time. He puts the paper aside and looks at her.

"You may not think so, but I miss your tenderness, and the fact that you don't often go to bed with me. I would like to know why this is so."

There is an astonished look on Sebastian's face. "Do you remember that I asked you last week, what you would wish for from a genie? Well, I thought, about what I would really like. It would be to have a nice, romantic weekend just the two of us. And then I just asked myself the question: Is it something to do with me?"

Do you no longer find me attractive or desirable? I know I am no longer 20, but ..."

"Stop, stop!" Sebastian raises his hands defensively. "Honey, how can you say such a thing? I see that NEITHER of us is 20 when I look in the mirror - but that is NOT the problem. God, I'm sorry that you are thinking that! You are still a stunning woman for me - and that will never change."

"In that case, what is the problem?"

A little puzzled, Sebastian's gaze wanders around the room at the familiar furniture and tasteful decorations. Sabrina really has a knack for creating a cosy atmosphere. He remembers that she has done Tiffany work for a while, but that was years ago. A small picture frame, showing their son Rolf at his graduation party is testimony to her former hobby.

Finally, he speaks hesitantly: "Somehow I know very little about you as you are today."

"What do you mean?" Sabrina looks at her husband in amazement.

"You used to tell me what you were doing, what was important, what you had experienced. Today I just know some bare facts. When we talk on the phone, it is only to synchronize our calendars. To be honest, I have had the feeling that I am no longer so important to you. But perhaps that is normal when you've been married so long."

Silent and thoughtful, he looks inquiringly at his wife. Then he adds: "Recently I have just had too much on my desk and it is getting more and more difficult. I can hardly ever switch off. But I do desire you..." Sebastian smiles at Sabrina. "And to hear that the feeling is mutual warms my old bones!" Sabrina laughs, sits on the edge of the sofa next to her husband and pulls his head onto her shoulder.

They talk for a longer while. Sebastian decides to hire another lawyer in the firm and to delegate more of his jobs so as to allow more time for himself and thus for Sabrina. Sabrina decides to worry less about the riding stable and her friends and to pursue more of her own interests - and to spend more time with Sebastian.

After this conversation, they feel closer than they have for a long time. With a feeling of joy and gratitude, they rediscover their physical intimacy.



Example 3:

Nina und Michael:

The next day, after a fondue, Nina phones her best friend Iris to thank her for the evening. "I am really happy for you, Nina. With Michael, you've probably found the right one, eh?" Nina's silence irritates Iris. "What's the matter?" After some hesitation, Nina tells her friend what has been torturing her for many months. Iris is surprised: "I have never felt that he was not serious with you. There is so much love and warmth, in the way he looks at you when you leave the room for a moment..." "

Iris is convinced that there is no other woman, but what might really be going on - it does not occur to her either.

"Seize the initiative. I would be very surprised if it did not work! Just remember: Do not let yourself be put off. The man loves you, that is patently obvious! "

For the first time in months Nina can see a light at the end of the tunnel. On Saturday night, without warning, she touches her boyfriend with the firm intention of expressing her love. Michael can't suppress a cry of pain.

Out of sheer fright she turns on the light: Michael is obviously in pain! Now he cannot conceal his inflammation. Nina is very caring and loving as Michael admits that he could not bring himself to go see a doctor. She just shakes her head in disbelief. "And you've had this for a long time?" Michael nods.

The following Monday, he goes to the doctor. In just a few days, thanks to the prescribed treatment, the swelling goes down and the pain caused by the inflammation disappears. After three weeks they can make up for all they had been missing. Michael admits with a grin that retrospectively he can't understand why he had made a big secret of his problem.

They agree in future to respond honestly to every question. They both find it very instructive to see how not speaking openly was stressful was for their relationship.



7 Exceptions and limits – even to love

Our current partnership is the stage where all relationship experiences that two people have made in their lives concentrate. These experiences include both positive as well as negative components. Among the negative components, the experience of sexual violence spills over most destructively into our other life.

A look at the statistics shows us the appalling frequency with which many women and men have been facing this brutal transgression of their personal borders as part of their biography.

A binding partnership or marriage can provide the secure framework in which an individual, perhaps for the first time, can access such a stressful experience. Should this happen, the topic of sexuality first becomes "war zone" in the current relationship, it being the area, which in the past was the scene of deep emotional and / or physical injury. In such a case, the rule of love "if we have no sex for more than x days, we sit down together and explore the reasons," must be set aside until these injuries have been dealt with. Compliance with this rule would bring additional pressure to an already very stressful situation.

If one or both of you is affected by the issue of sexual violence, we recommend that you use support and guidance of experienced therapists.

Needless to say, the latter stages of pregnancy in which desire or the ability to have sex is secondary forms a "natural" limit to this rule of love.

Serious illness is a further limit.

In all these situations, the partner plays a significant role. They support their partners with their compassion, patience and encouragement, strengthening the foundation of the partnership especially when life is stressful.



8 Further thoughts

8.1 What could prevent us from living this rule of love

The subject of sexuality is regularly and openly discussed today, at least in our society. The former number one taboo subject has, within a few generations, become almost unavoidable, even if the quality of the presentation or reporting is often poor or inappropriate. Have we gained competence; is our sexuality happier, more relaxed and more joyful as a result? A good question!

Being the mirror image of closeness and trust, sexuality has always been one of the greatest points of friction in relationships. However, closeness and trust – both in ourselves and in our partner – can very often be deepened only when we have learned to leave our old fears behind us and we sincerely open ourselves – to both ourselves and to our partner.

One of the fears that may prevent us from practising the rule of love "If we have more than x days without sex, we get together and explore the reason" includes the fear that I or my partner might hold us or me back and appear to be

cold, heartless and stubborn.

If I inwardly label my partner as cold, I will not enter into discussion on such a sensitive topic, which is especially dependent on the level of empathy, with him/her.

If ultimately, I fear my partner is too obdurate to admit to the veracity of another's perspective, I will be reluctant to engage in an exchange of intimacies.

If I secretly assume that one of us is in fact heartless – what would be the point of a conversation about a sensitive issue such as physical intimacy?

We believe that now is a good time to take your fears out of the dark corners of your heart and into the light of the love and appreciation you have for each other in your relationship. After all, this love and esteem is based on the valuable, lasting and real experiences you have had together. We believe that they are sufficient to put old fears in their place and allow you to focus on the richness and depth of your relationship. We believe that living an atmosphere of trust in each other is a new step in learning how to fearlessly spotlight your sexuality.



8.2 What helps us to live the rule of love

The quality of the relationship is determined among other things by the quality of the conversation. Brainstorming together without the fear of making fools of ourselves can open up new perspectives. Reflecting together offers us the opportunity to gain new insights and learn from each other.

If we want to share the fear that we might be cold and heartless - or just stubborn - the following questions are helpful:

- Do I love my partner and can I access these feelings?
- What role do our fears play for us? To what extent have we accepted that they affect our behaviour? Do we want to say goodbye to fear as the dominant force shaping our partnership?
- To what extent does our love help us recognize **that each enriches the other**, by how he or she IS?
- How could a conviction such as: "**Each of us is a gift for the other**" make us turn to our partner **with enthusiasm**?
- In what way does my enthusiasm for my partner and my desire for physical closeness in the form of sexuality hang together?

If you try out this idea, you will surely find even more reasons why this love rule is valid. Surprise yourself!



9 What have I learned?

It is helpful to write your feelings and ideas and interesting to refer to them later.
