

ULTIMATE RELATIONSHIPS®

The purpose of a relationship is to
magnify the human experience

The Relationship Puzzle: Solutions to Ten Most Asked Questions

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The Relationship Specialists

About the Authors



Buzz McCarthy & Gaail Tait

Buzz McCarthy and Gaail Tait are the leading Relationship Specialists in Australia; their company Ultimate Relationships Pty Ltd runs workshops in the corporate and private sectors in addition to personal coaching and public speaking. Both women are passionate about personal growth and choices that empower others to make more compelling decisions in their lives. Buzz comes from a background in politics, ASIO, adventure travel and running her own businesses. Gaail was formerly a teacher in the private school system in Melbourne. Over the past two to three decades they have studied with the world's leading teachers and both have a large tool-box of change skills including NLP, Hypnotherapy and Counselling. Buzz, who is currently a PhD candidate, has travelled the world for 15 years with Anthony Robbins, for whom she is an elite Trainer. She is masterful with her teaching and coaching around intimate relationships. Gaail has studied self esteem and confidence for many years and concludes it is not something you were born with but something you have to work for.

For more information please visit www.UltimateRelationships.com

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1. WHAT DOES IT TAKE TO MEET THE ONE FOR ME?

In life, everything mirrors everything else. What you put out comes back to you. It is all about energy and the philosophy of co-creation. It's the concept where you put 50 cents into the jar and the universe rewards you with its 50 cents in the jar. So if you want a relationship you must be prepared to do something about it not sit around and say "It'd be nice if...". The first step is getting absolute clarity on what you want. Clarity is power. If you know what you want your brain will sort for it. Ever bought a yellow car, or a red coat and all you see is yellow cars or red coats! Then, once you are clear, you must be committed. You must know why this is a must for you. The "why" is the emotional pull, it's the reason you want it and it translates to your level of commitment. So when you have the What - the clarity - and the Why - the emotional pull - we believe the universe will support you in helping with the How.

2. HOW SOON SHOULD WE HAVE SEX?

Sex is great – there's nothing like it on the planet and we all know men and women have different needs. For women sex is an emotional thing – they need the talking, the cuddling, holding hands and the bonding to feel connected. Men do it differently. If he likes what he sees, comes over to you and asks how you are, know that he hasn't come to learn anything – he's come to find out what it will take to sleep with you. He wants to find out if you're affordable or if your price is too high. What will he have to invest to get what he wants? If you tell him in the beginning you have requirements – that you need his time, his respect, his attention, then he knows he's going to have to put in the work to get the benefit. If you don't tell him your requirements then to him you are "free". If you're giving benefits to a man you've only known a couple of weeks, you're making a mistake! You don't know him and he doesn't know you because the hidden flaws take 2 - 3 months to come out. You will never hold a man just by sex - men only fall in love with your virtues.

3. IF IT'S NOT GOING WELL, SHOULD I GIVE IT ANOTHER GO?

First of all, look at the dynamic of what's going on. Who is giving and who is waiting to get? Remember that relationships are a place to give, not to get. So if you are not getting what you want, look at what you are not giving! Then look at your greatest fear. Is it abandonment? Is it the fear of being alone? Look at what is driving you and ask yourself if you are afraid of moving on and being alone. Always remember that being lonely in a relationship is far far worse than being alone.....being alone creates a space for a new partner...the other does not....it's just a huge compromise. If the relationship is genuinely not working because of something significant then realise that it is time for you to raise the bar and get out before you get hurt. And you should always know what your intrinsic relationship values are and your "absolute must never's" before you enter any relationship

4. HOW DO I KEEP MY PARTNER LOVING ME?

Relationships are places we go to give, not get. The key is to give, give and give until your partner is a raving fan. Give support. A man wants to make his woman happy – that’s what drives him. Tell him what makes you happy and how much you appreciate what he does. He needs to feel appreciated and then he’ll feel like a king. Women also need to feel supported but must be praised; then she’ll feel like a queen. Give loyalty. A woman’s love is emotional, caring, heartfelt and all encompassing. When she’s in love, she’s loyal – no-one else will do. That’s a woman’s love. For men love is loyalty. They want women to show their love by being loyal – that is standing beside him, no matter what, even if he loses his job. Give sex. Don’t hold out on sex, men need the benefits, they can’t live without it. Men need to be physically engaged to the woman they love and they do it by making love.

5. IS ‘THE AFFAIR’ THE END OF OUR RELATIONSHIP?

Once someone leaks sexual energy to someone else, the relationship is in trouble. Always; no exceptions. A friend of ours says “you can look at the menu so long as you eat at home”. But if you or your partner is seeking sexual gratification elsewhere, then either you or they are not having their needs met in the relationship....and we don’t necessarily mean their sexual needs. Every communication is either a loving response or a cry for help. If you suspect or know that your partner is going outside your primary relationship you must confront it immediately. Ask why and what is going on? Don’t hide and think it will go away...it won’t. Remember that you need trust and respect: if they are not there – neither is the relationship. Keep your self esteem – he or she has probably given you a clue that he or she is not the right man or woman for you. Bless him/her and let him/her go...now. Keep aware of your boundaries – if infidelity is amongst them (and it should be) practice your beliefs and move on.

6. DOES IT MATTER IF WE DON’T SHARE THE SAME INTERESTS?

As long as you honour each other’s interests it doesn’t matter if they’re different. Values are more important. Everyone, no matter what race, colour, creed, sex or age has a set of values. Values are things we believe are important. Imagine a husband and wife shopping together in a shopping plaza – her highest values are ‘health’ and ‘family’. His are ‘making money’ and ‘horse racing’. She sees things that he doesn’t. Vitamin supplements, toys, shoes for the children and games for family activities - all things that align with her values. He sees things that she doesn’t: the Wall Street Journal, books and magazines on horse racing – anything that might help him to make money. Imagine how conflicts could arise in this relationship because their top values are not aligned. It’s important to have the top things you value aligned for a truly successful relationship.

7. HE HASN'T RUNG, WHAT SHOULD I DO?

How often do we get asked this question? “We had a great couple of dates and I thought we were getting on really well, but I haven’t heard from him, what do I do?” The answer is NOTHING! Always Nothing. Well, nothing as regards him. Go out with your girlfriends, buy a new outfit, get a new hairdo...loungue around drinking champagne, pamper yourself in the bath...anything that takes your mind off him. Never ring, never text. If he has a book of yours and you think that getting it back is a great pretext to call, forget it and buy a new copy. If he’s interested – he will be in touch. Sometimes it may take him 6-8 weeks – that is his tolerance level.....the time he may take to miss you. If he’s afraid you will fall in love with someone else, he will ring in this time. If you call, he is safe and you are not. If you don’t, you are safe and he is not. Be patient and wait. And if after 8 weeks there is nothing, let him go and find someone else.

8. WHY DON'T I FEEL LOVED?

There are strategies for everything we do – from getting up in the morning to tying our shoelaces and there is even a strategy for feeling deeply loved. Expert Gary Chapman reveals, and we totally endorse his theory, that the secret to keeping love alive is to know and practice your partner’s primary love strategy! Which of these could it be?

1. Words of Affirmation. Compliments or words of appreciation are powerful communicators of love – kind words, encouraging words; words of praise for women and words of appreciation for men.
2. Quality Time. Togetherness where two people give each other undivided attention is a powerful, emotional communicator of love. Good conversation and the sharing of experiences, thoughts and feelings is part of this.
3. Acts of Service. Doing things you know your partner would like you to do. You do this to please your partner by serving, to express your love by doing things for him or her.
4. Physical Touch. We know that physical touch is a way of showing emotional love. Holding hands, kissing, cuddling, embracing and sexual intercourse are all ways of filling your partners ‘love tank’.
5. Giving of Gifts. In every culture, gift giving is part of the love- marriage process. A gift is a symbol of that loving thought – it doesn’t matter whether it costs money.

9. IS INTERNET DATING THE ANSWER?

In the past we had the Barn Dance: you would get to meet and connect with 20 or 30 partners in a bracket. Today's equivalent is speed dating. If that's too fast for you, play it safe with internet dating. Meeting someone, we have said in the answer to Question 1, is all about energy. If you do not create any momentum or any energy around dating, don't expect your friends to deliver up Miss or Mr Right on a platter. It's time to do it yourself. Dating and finding the partner you want is a numbers game too. The more you check in with, the more likely you'll find one that works for you. It's also a clarity game - remember clarity is power and the better you know what you want the better profile you write and the more on target partners you will attract. Be honest, be sincere, get a great, clear photo that shows you at your best and have fun. The more fun you decide to have the more success you will have.

10. WE'RE GROWING APART, WHAT CAN I DO?

In our busy lives, we sometimes or often forget who our primary love relationship is with. It's easy with huge demands placed on our time to do the things that are most pressing, and for mums with kids, it's often the kids. For dads with a career it's usually the career. And for women with a career and kids, it's a juggling match that has no peaceful solution. If couples remembered that their primary relationship was with each other - and made each other The Most Important Person in Their Life - they would not be asking this question. Kids are always secondary and whilst there may be times, and will be times, when you must do something for them in the moment that has greater priority than your spouse, they are always secondary to your primary relationship. Wherever your attention goes, your energy will flow. So if this question relates to you, shift your attention and energy back to your partner and make sure you grow together again.

ULTIMATE RELATIONSHIPS WEEKEND WORKSHOPS

SEVEN PIECES TO SOLVING THE ULTIMATE RELATIONSHIP PUZZLE

LEVEL 1 WORKSHOP - 15/16 MAY AND 21/22 AUGUST

A Cutting-Edge Workshop to give you skills and strategies to create and enjoy a quality relationship with that special someone.

1. WHERE ARE YOU NOW?

- Obtain clarity on your current life focus.
- Identify the core values that influence your relationships.

2. SEVEN LEVELS OF RELATIONSHIPS

- Where are you currently?
- What can you aspire to?

3. THE POWER OF BELIEFS

- What is the belief holding you back from your Ultimate Relationship?
- Create a new empowering belief and condition it into your body.

4. FIND OUT YOUR LOVE STRATEGIES

- Knowing your love strategies will deepen your intimate relationship.

5. GET CLARITY ABOUT WHAT YOU WANT AND CAN HAVE

- Create a list of characteristics and qualities you desire in a partner
- Know what your Must's and Must Never's are
- Feeling is the key to attracting the love you desire

6. LOVE YOURSELF FIRST

- If you don't love yourself you can't love anybody else
- Strategies for feeling really great about yourself

7. RULES OF THE GAME

- The secret to doing relationships right
- Marketing Plan for Singles.

8. BONUS SESSION - THE SUCCESSFUL ULTIMATE RELATIONSHIPS MODEL

- The 10 C's to success.

BOOK NOW TO SECURE YOUR PLACE - 2 FULL DAYS FOR ONLY \$197.00

Venue: 67 Glenferrie Road Malvern

Email: info@UltimateRelationships.com to book in and pay.

Or call Buzz McCarthy on 0414 510 474 or Gaail Tait on 0407 817 827

ULTIMATE RELATIONSHIPS WEEKEND WORKSHOPS

SEVEN PIECES TO SOLVING THE ULTIMATE RELATIONSHIP PUZZLE

LEVEL 2 WORKSHOP - DATE TO BE ANNOUNCED

1. RELATIONSHIP MASTERY - LEVELS OF RELATIONSHIP

- Your top 4 values
- What level of relationship are you at?
- How to move up the levels

2. WHAT HOLDS YOU BACK FROM YOUR ULTIMATE RELATIONSHIP?

- Identify and remove an emotional block to your Ultimate Relationship

3. THE POWER OF MASCULINE AND FEMININE ENERGY

- The little known dynamic of polarity in relationships

4. CONFLICT AND RESOLUTION STRATEGIES

- The dirty dozen
- Communicate your wants and needs in a non-critical way

5. TRUTH, LIES AND THEIR CONSEQUENCES

- The Power of Truth
- Forgiveness is a gift: it enables you to move on

6. SHOULD I STAY OR SHOULD I LEAVE?

- The importance of boundaries and non-negotiables

7. CRANKING UP THE PASSION AND INTIMACY

- It's an inside job
- Finding your Forever Love

8. BONUS SESSION - SOMETHING FOR SINGLES

- The secret to doing relationships right
- Marketing Plan for Singles

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So, what are you waiting for?

1. Be Really Clear on What You Want
2. When You Think You Can't Love More, You Must!
3. Never Give Up On A Dream

Special offer

If you contact us via this publication we will offer you a 20% discount on our Ultimate Relationships Level 1 Workshop during 2010.

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