

# **Pathways to Long Lasting Romantic Relationship**

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## Dedication

This report is dedicated first and foremost to God Almighty for giving me the gift of knowledge and understanding to be able to put together this book to educate people on how to walk the path of a romantic relationship that will last their life time.

It is also dedicated to all my subscribers at my website [www.iloverelationship.com](http://www.iloverelationship.com), they really inspired me with their thoughtful questions.

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# INTRODUCTION

How else will you want your relationship to be, if not a romantic relationship? Every relationship starts with being romantic but how long will the romance last in such relationship. It is understandable that romantic relationships are important stepping stones in the developing a young person's life. The relationship will depend on the maturity of the people involved in it, the experience could go either way "good or bad" but you're always learning and growing as a person.

All relationships are constructed to reach one goal, which is happiness. We seek companionship in other partners with hope that they can fulfill our emotional and physical needs. Love is the most profound emotion known to human beings. For most people, romantic relationships are the most meaningful element in their lives. But the ability to have a healthy, loving relationship is not inborn. Almost all of us have experienced a failed relationship, and most of us have to work consciously to master the skills necessary to make them flourish. The good news is that with effort and perseverance, you can learn what you need to know to make your relationship a long-lasting romantic experience.

This short report eBook is written to further enhance your understanding of how you can make your romantic relationship a lifelong experience. It is a short report that is direct and straight to the point you need to turn your relationship around romantically and ready to stay for a long time.

I have been in a relationship for at least 10 years now and I have garnered much personal experience and from consultation among certified relationship consultants with additional research in terms of romantic relationships, I have also interviewed experts, friends and colleagues on what it takes to make a romantic relationship experienced at the initial state of relationship to be a life

time experience. In this report, you're going to learn from the knowledge that I have gathered so far.

I hope you will find it helpful and also find it helping you to bring back the romantic relationship you had earlier experienced at the initial stage of your relationship.

# CHAPTER ONE

## THE JOURNEY TO ROMANTIC RELATIONSHIP

Going into romantic relationship is a journey that must be taken by everyone who desires a partner most especially of the opposite sex. If success is to be attained in romantic relationship, then, it must be a long lasting experience. You will need to take the right foot step to set-off into the journey.

*“To my mind, the greatest reward and luxury of travel is to be able to experience everyday things as if for the first time, to be in a position in which almost nothing is so familiar it is taken for granted.” Bill Bryson.*

This quote from Bill Bryson is exactly what you need in the journey to romantic relationship; you can only enjoy your romantic relationship journey if you take everyday things as if they are just happening to you for the first time. If you can still remember the very first day your relationship started or the initial period of your relationship, the excitement, feelings, happiness, emotional expression, amusement and all sort of positive thinking in your mind will make you see things newly as if you never have heard of them before. That is exactly the romantic atmosphere that must be sustained if you desire long lasting romantic relationship.

In my very first relationship which did not lasted more than four months, I was enjoying every bit of it and loving it more and more everyday for the first 3 month. But after those months, things began to turn otherwise; the feelings are not too strong as the way they were when we started the relationship. I latter realized that those things that I used to laugh at, things that make me wanting to see her by my side every hour, are becoming familiar to me and were taken for granted. Not knowing the harm I was doing to myself then. As it was happening in my side, it was the same feelings in her side too, we never knew it

were because of those things we look with newness of mind and eyes that keeps the relationship romantic. We just taught it was not meant to be and we agreed to call it off.

Until 3 years later when I became much more mature before I could actually understand the very reasons why our romantic relationship could not last.

So, it is important for you to set your romantic relationship voyage on the level of seeing things as they appear as if they are just coming your way for the first time.

One of the biggest mistakes anyone can make towards the starting of a romantic relationship that will last longer is failure to share your feelings with your partner.

Psychotherapists often advise their clients to share their feelings with the important people in their life. Sharing of feeling with your partner shouldn't be in a blaming or whiny tone but rather in learning tone even if you perceive that something is wrong. When you hold on to your feelings, it often turns to resentment which will eventually burst into anger and that will cause you what you're trying to build.

The sharing should be in an open and curious manner if you perceive that something is wrong somewhere but never do it in a controllable tone because it will end up separating the two of you which is never what either of you wanted as you are going into your romantic relationship.

Let me show you some of the feelings that are share with intent to control and also show you how it can be shared with intent to learn.

Sharing of feelings with intent to control

1. "I just want you to know that I feel very hurt by what you said to me."
2. "I'm very angry about what you just did."

3. "I feel insecure when you spend so much time with your friends."
4. "I feel unimportant to you when you are always watching TV."

Sharing of feelings with intent to learn using the same word with little additions

1. "I feel very hurt by what you said to me, and I don't understand why you said it. I would like to understand. Can we talk about it?"
2. "I'm very angry about what you just did, but there must be a good reason that you did it. Would you talk with me about this?"
3. "I feel insecure when you spend so much time with your friends. I know this is my issue to deal with, and it would help me if you let me in on why this is so important to you."
4. "I feel unimportant to you when you are always watching TV. I need some help with this feeling of unimportance, as it's not a new feeling for me. I always felt this way as a child, so I know that it's not your fault. It would help me to not take it personally if I understand why watching TV seems more important to you than spending time with me."

These situations call for much communication, re-evaluation of your relationship and learning about what is best for you.

When next you want to share your feelings with your partner, you need to query yourself first to really know if your intent is to control or to learn. Trying to control by sharing your feelings will generally lead to distance and disconnection, while sharing your feelings with intent to learn can deepen your connection and intimacy with each other.

This is something that comes easily to some couples, and it generally comes more easily to women than to men. It is an indication of a good relationship if the two partners can tune in to each other's feelings without difficulty, and be

affected by the same kind of situation. To put it more simply, the couple that can laugh at the same things, and cry together about the same things, are likely to have a good and lasting romantic relationship.

## **CHAPTER TWO**

### **PHASES OF ROMANTIC RELATIONSHIP**

Everything in life has phases, there is always the initiation phase, middle phase and the concluding phase. This same idea also applied to romantic relationship that will last longer, in a clear term, romantic relationship has phases which pattern must be followed if something good will come out of the relationship. Love is a beautiful feeling that makes the whole world look much nicer than the way we can imagine it to be.

Most people don't really get the idea of phases of romantic relationship, couples are found wanting in this area, they don't realize this and believe that the honeymoon phase will go on forever. This is definitely not true and the reality dawns upon the partners only after they have spent a considerable time with each other. This is when they have to become practical and work together to sort out the problem. If they manage to do this, they remain together forever. If they don't, the result is obvious, a break up.

#### **The Phases of Romantic Relationship Are As Follows**

1. Eye Blinder Phase (Romance)
2. Eye Opener Phase (Reality)
3. Understanding Phase (Maturity)
4. Binder Phase (Commitment)
5. Conjugal Phase (Marriage)

Let me shed more light into each of the phases of the romantic relationship as outline above.

## **Phases of Romantic Relationship**

All the romantic relationships go through a number of phases, before being culminated into marriage. In a short time now, you're going to understand what these phases are, much more information has been provided below for your consumption.

### **Eye Blinder Phase (Romance)**

This is the initial phase of a relationship, it is when two individuals have just come together. At this point in time, both of them see the world through rose-colored glasses. You love everything about your partner, even the most irritating habits somehow seem nice. He/she seems to be the perfect person in the world, who cannot do anything wrong ever. The whole world revolves around your partner and you hardly have time for anyone else. In fact, nobody else, not even your best friend, seems important at the moment. He or she is the last person we think of before we go to sleep. All day long, we're wondering what the person is doing. We can hardly wait to be together again, and every time we're together, it's so perfect. As the effects of the first phase seem to wear off, you shift to the next phase.

### **Eye Opener Phase (Reality)**

After a considerable time has gone by, your partner does not seem so perfect after all. Slowly and gradually, the negative aspects of his/her personality start emerging. Both the partners start behaving more like themselves and the 'best-behavior at all times' thing goes into the drain. Now, you don't like spending the entire time with your partner and in fact, feel the need for space and freedom. It is the time to go back to the other people in your life, including your

best friend. You concentrate more on correcting the bad habits of your partner, which results in constant nagging. This is amongst the most crucial phases of a relationship, which can either lead to a strong and mature relationship or a break up.

### **Understanding Phase (Maturity)**

If you have successfully managed to pass the 'eye-opener phase', the road ahead will become much smoother. In this phase, both the partners realize that their so-called 'better half' is a normal individual, with positive as well as negative aspects. From the 'I will change you' concept, you come to 'I accept you as you are' concept. The idea of perfection slowly begins to dissolve and acceptance starts gaining ground. The partners start thinking practically and realize that adjustment is the key to a successful relationship. Still, the transition is not so easy and the slightest slip can make them go back to the eye opener's phase.

### **Binder Phase (Commitment)**

If a couple manages to maintain the understanding phase for a considerable time, without slipping to the previous one, commitment is the most obvious result. By this time, they have totally accepted each other, without any efforts at brining about any change. You realize that partners complement each other and not complete each other. Minor tiffs are usual and infact, necessary for keeping the spice in the relationship alive. However, the 'we break off', 'you don't care for me', etc phrases do not form a part of the relationship. This is the time when you love your partner for who he/she actually is and not for what you think he/she is.

## **Conjugal Phase (Marriage)**

All the successful relationships end in marriage. The partners have gone through all the ups and downs and no longer live in the world of fairytale or bookish romance. They know that life is not picture-perfect and find love in each other's company. Marriage brings about the phase of honeymoon, when all the romance of the first stage comes back once more. The only difference is that this time the partners are mature and the rose-colored glasses have come off. Though there might be slight problems because of the added responsibilities and living together 24/7, none will be too big to handle. It's the time to enjoy the results of the efforts both of you have taken to bring the relationship to this phase.

Going through these phases will better prepare anyone who really desires a long lasting romantic relationship. Although, it does not end there, there are still other parts to it, which will make a romantic relationship stay longer.

Now that you got the knowledge of phases of romantic relationship, I will move on to the other part that play a significant roles toward long lasting romantic relationship in the next chapter

## CHAPTER THREE

### QUALITY OF A HEALTHY ROMANTIC RELATIONSHIP THAT LAST

A healthy functional intimate romantic relationship is based on equality and respect, not on power and control. Think about how you treat or want to be treated by someone you care about. It is the amount of quality respect and love you show to your significant other that will determine how far you can go with your romantic relationship.

To develop a long lasting romantic relationship, there are certain qualities that cannot be compromised. These are simple words you would have come across in everyday's life but because you may not have really settle down and examine these quality words, their deeper meaning wouldn't come easy to you without proper examination of how they can actually affect your romantic relationship. In this chapter, you are going to know and learn those romantic relationship qualities that will enhance the longevity of your romantic relationship.

Are you ready for this? Huh!

Ok, let see how these qualities will enhance romantic relationship,

**The Qualities of Romantic Relationship That Last are here;**

#### **Honesty & Accountability**

This is one of the yardstick to measure the qualities of a romantic relationship, accepting responsibility for self, acknowledging past use of violence, admitting when you are wrong, communicating openly and honestly, keeping your word, not making excuses for your partner's or for your own actions. Relationship is built on truth rather than game playing

## **Open Communication**

Being able to express your feelings or opinions, knowing it is okay to disagree, saying what you mean and meaning what you say. Communication is based on clarifying issues, specifying feelings, and working together for mutually satisfying solutions. If one partner does something that hurts the other in any way they take responsibility, and make needed changes in their demonstration of love for the other partner.

## **Negotiation & Fairness**

Seeking mutually satisfying resolutions to conflict, being willing to find solutions that are agreeable to both partners. Acknowledging your wants & needs are just as valid as your partner's (you don't have to agree in order to respect your partner and to understand differences in opinion). When differences come up, try to see the situation from your partner's point of view and try to work through them together (agreeing to disagree sometimes, willing to compromise). No issue or problem is more important than the relationship – “winning the argument” is seen as harming the relationship.

## **Economic Partnership:**

You may be wondering what does the word “economic” is doing here; it's just the right word to describe this quality of romantic relationship. Making money decisions together, making sure both partners benefit from financial arrangements, sharing dating expenses, accepting both partners need to hold a job.

## **Shared Responsibility**

Making decisions together, splitting or alternating costs on dates. Being mindful of the other person's needs as well as your own - doing things for each other, going places you both enjoy, giving as much as you receive. This is a romantic relationship quality where none of the partner is considered to be

responsible for one particular thing, even though the other person may not be directly involved in the situation. The responsibility lies on the shoulder of both parties and it has to be shared

### **Shared Power**

In general, each person has an equal say in the relationship, although at time, one person may have greater say because of more information or experience in an area. Each is mindful of the other's needs and wants (as well as your own). The individuals view themselves as part of a couple that brings each person more happiness & allows each to be stronger.

### **Respect**

Each person is valued for who they are and what they bring to the relationship. Treat the other person as if he/she is of value. Find ways to appreciate them for who they are. Differences in thoughts, feelings, values, etc. are accepted and respected. Accept your partner for who they are. Do not demand that the other person change to meet all your expectations. Paying attention to your partner, valuing your partner's opinion even if it differs from yours, listening to what your partner has to say, listening to her nonjudgmentally, being emotionally affirming & understanding. Violence is not used by either partner.

### **Trust & Support**

Being supportive, wanting the best for your partner, knowing your partner likes you, being able to rely on your partner, offering encouragement when necessary, and being okay with your partner having different friends. The couple feels secure sharing private aspects of each other's thoughts & feelings - since couple feels secure there is no jealousy or possessiveness. Individuals can let their barriers down and allow the other person to see their perceived

weaknesses, without fear of negative reactions from them. Individuals are able to be open to what the other person is feeling.

### **Non-Threatening Behaviour**

Talking and acting so that each person feels safe & comfortable expressing her/himself and doing things. A threaten behaviour is an indication to relationship wreck; it is a total turn off for a romantic relationship that will last.

### **Intimacy**

Respecting your partner's boundaries, respecting each other's privacy, not pressuring your partner, being faithful.

### **Physical Affection**

In all relationship, physical affection is something that cannot be joked with, if the relationship is to be taken seriously. Holding hands, hugging, kissing, sitting with your arm on your partner's shoulder. Respecting each other's right to say no, asking before acting. These are gestures that enhance relationship quality and set it on the path of long lasting romantic life.

### **Personal Integrity**

Partners are able to maintain beliefs and sense of self as well as offer time & attention to the relationship. Partners have some independence & privacy and care about each other's quality of life. Working on a relationship always begins with working on ourselves; take responsibility for our behavior (be accountable).

Having gone through the qualities of healthy romantic relationship, there are also basic steps that need to be followed to maintain a healthier relationship that will last long. The basic steps are outlined below;

## **Basic Steps to Maintaining Healthier Romantic Relationship**

1. Be aware of what you and your partner want for yourselves and what you want from the relationship.
2. Do not demand that a partner change to meet all your expectations. Work to accept differences that you see between your ideal (how you would like things to be) & the reality (how they really are).
3. Expect conflict - be willing to negotiate & compromise on the things you want from one another.
4. Let one another know what your needs are & be able to communicate them assertively. You aren't psychic & neither is he/she.
5. Perspective-taking & empathy - try to see things from the other's point of view and to accept them. You don't have to agree to respect and understand differences.
6. Realize that healthy relationships take continual work and effort to maintain. When differences come up, try to negotiate.
7. Realize that your partner will not be able to meet all of your needs - some needs will be met outside of the relationship.

The truth is that, all us want our relationship to be romantic and last long as far as we can live, but most often we neglect to play our own part in the game of romantic relationship. We need to examine some considerations and the kind of life we live toward attaining the level of romantic relationship that span throughout our life time.

It is very important for us to take into consideration some of these thoughts that come into our mind in the form of the following questions that will bring out the best in us toward a healthy romantic relationship.

### **The Thoughtful Questions to Consider**

Conversely, when you and your partner disagree, are you able to express your concerns without feeling cut off or worried about how your partner will react? If you are both able to express concerns, are you able to do so gently and respectfully or does either of you become harsh or ridiculing? How you express the things that bother you matters at least as much as what your concerns were in the first place.

Do you and your partner recognize the qualities you enjoy and appreciate about each other? Are you able to express these things, or does either of you leave them unsaid? Over time, couples have a tendency to take each other for granted, not realizing that recognition, appreciation and affection need to be regularly exchanged, in whatever way works for both partners.

Have you been willing to make compromises for your partner? Both in a general way and in your daily routine, are you conscious of your partner's likes and dislikes, sensitivities and emotional needs? Likewise, is your partner willing to make compromises for you? In order for a relationship to be balanced and healthy, each person needs to assert his or her own needs and be responsive to those of their partner.

How well do you and your partner listen to each other? When you and your partner talk, do you look each other in the eye and really hear what you are each saying, or is one of you already planning a response before the other has finished talking?

How willing are you to take responsibility for your role in your relationship? Most people are good at finding fault in others; particularly those with whom

they are in relationship. How capable are you of both identifying your relational limitations and working to change them?

While each of these thoughtful questions is distinct, together they share common goal which is; mutual respect, openness and consideration.

Take time to consider these; your care, attentiveness & respect in your romantic relationship are the gifts that matter most every day of your life in your romantic relationship.

## CONCLUSION

The pathway to romantic relationship must be followed if you really desire a healthy romantic relationship that last throughout lifetime. It is not a pathway that one can follow off and on, you need to be on at all time to go through the phases that are involve in journey to romantic relationship. Then, finally adding the qualities mentioned in chapter three will surely lead your relationship to a more fulfilling, romantic, healthier, long lasting relationship.

Before the cotton is drawn on the pathways to long lasting romantic relationship report, let me give you 5 important communication tips that will enhance your understanding on the part of communication in romantic relationship

If there's a special person in your life, you know how important good communication is to staying close and keeping the fires of passion burning. Good communication skills are essential, whether you've been together for three months or 23 years. Try these communication tips for romantic relationships and get closer to your loved one.

1. **Say I love you always:** Maybe Stevie Wonder knew the fastest way to a person's heart when he wrote the lyrics "*I just called to say 'I love you.'*" The most successful couples say "I love you" several times a day and mean it. It's not easy to get those three little words out: Some people grew up in families where love wasn't expressed verbally, and our technology-driven world of e-mail, mobile phones and texting makes it difficult to look into your partner's eyes and tell them how you really feel. Plus, it's very emotionally risky to tell someone you love them when you're hoping they say it back. Yet, when you look into someone's eyes and say "I love you" the brain releases oxytocin, the bonding hormone, and helps strengthen your romantic relationship. Still having trouble saying it? find other words to express your feelings, like "I'm so happy you are part of my life." Whatever

you do, make sure your partner knows just how important he or she is to you.

2. **Learn to Listen:** According to Elizabeth Bernstein, a relationships columnist for the Wall Street Journal, there are two categories of people: talkers and non-talkers. The world would be a wonderful place if talkers and non-talkers matched up, but even if they do, it's not always an equation for romantic bliss. Are women always the talkers? Not necessarily, although there is evidence that men and women process language differently: Understanding, producing and listening to speech is easier for women because they have more nerve cells in the left half of the brain, where language is processed. Whether you're the talker or the non-talker, learn to practice active listening. Look at the person who is speaking, respond occasionally with some verbal cue like "hmmm," "uh-huh" or nod your head in the affirmative way. Together, you should set aside some time to talk (and listen) every day, and ask each other questions to clarify thoughts and get more information. Most important, respect one another's need to be able to talk or to spend more time in silence.
3. **Make thoughtful Gesture:** Let your partner know you think of her even when she's not around, and that you really care about the details of her life. Does your significant other have an important presentation to make to a new client? Send an encouraging "good luck" text message before the meeting, and remember to ask how things went at the end of the day. Is he or she worried about an ailing family member? Show your concern and empathy for what your other half's going through. You can also strengthen your relationship by taking time to get to know what makes your partner happy and show that you care with thoughtful little gifts and gestures. Pick up her favorite flowers occasionally; bring home his favorite snacks from the grocery store; or make a reservation at a favorite restaurant or a tee time for a round of golf. Thinking warm thoughts when you're apart can easily turn into warmer thoughts when you're together.

4. **Admire your partner's strengths and overlook the little things:** Every day, tell your partner how much you admire one of his strengths. Say, "I'm impressed by your patience with others," or "You are such a good cook." Everyone likes to feel appreciated, and sharing good thoughts will have a positive impact on your relationship and your partner's self-esteem. Make sure the quality you highlight really is a strong point, however, or he/she might doubt your sincerity. On the other hand, accepting the quirks about your partner that drive you nuts will also go a long way towards enhancing a romantic relationship, as long as it's not a destructive behavior like driving too fast. Some traits that can be endearing when you first meet someone, like the way he or she wears a certain T-shirt every Saturday or constantly misplaces his or her keys, can be annoying when you've been together for a while. Be willing to overlook those pesky behaviors; after all, that's what makes your sweetie unique.
5. **Be honest and share your feelings:** Good relationships are built on mutual trust and respect, and it's essential for romantic partners to be honest with one another. As your relationship grows, open up and talk to your partner about your past, as well as your hopes and dreams for the future. Speak up, even if you have differing opinions about a topic, whether it's who to vote for in the next election or where to vacation, you need to be able to talk controversial subjects through and respect each other's perspectives. Make time to talk every day, sharing the details of your daily life or talking about more meaningful issues. Some couples make it a point to enjoy a glass of wine in the evening to relax and talk about the day's events, while others take a walk together or simply touch base on the phone if one partner is on the road. Your sweetie wants to get to know all about what makes you tick. After all, if you don't share your thoughts and interests, you may not be giving your partner a chance to love you enough.

I hope you find the pathway to long lasting romantic relationship helpful.

Please consider leaving a review after reading this book, I take reviews very serious and I personally go through them, this will only encourage me to continue writing more interesting books that you will surely love to read.

Thank You.

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