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5 Secrets to Restart Communication

**Be Heard, Understood, and
Cherished again!**

Bring back the Warmth, Intimacy and Partnership into your Marriage

Do you know what drives your man in your love relationship?

And no, I don't mean sex only.

And yes, this works for you even if you're not married.

He actually wants to be your hero!

Here are 5 easy to implement strategies that make him worship you even if your relationship is a bit rocky right now.

Check them out, they work!

See MarriedLoveSuccess.com for much more!

Let me explain:

If you expect him to understand you from the get-go, you are in trouble.

Sorry, ladies, gender equality and all, a man is just wired differently.

His brain works differently; his neural pathways are connected differently. They have to be!

A man doesn't need to carry babies to term and nurture them into adulthood. He is the hunter and protector, at least according to his DNA, his genetic code.

Of course, there are exceptions, and of course, nothing is ever black and white.

Men are wired to solve problems, sometimes even before they understand them.

If you expect your man to just know what upsets you or what you need...don't hold your breath.

If you get frustrated, angry and resentful that he still doesn't get you, or that he just stopped listening; take heart!

There are ways to make him see your true self and cherish you again above all else.

1. He wants to be your knight in shining armor.

He will never replace your intuitive, nurturing girlfriend. A guy is solution oriented. If you just want to vent, he will be a bad listener. Go to him if you are looking for a problem to be solved.

Tell him exactly what he can do to make things better. I mean, exactly!

He actually will be relieved to know that there is something he can do. He still might not understand why, or agree with you, but he will be happy to help.

Here are some suggestions:

Men love to be seen as strong. "Honey, can you open that jar for me? It's too darn tight..." lets him prove his physical prowess.

Do you get confused by diagrams from Ikea? Well, everybody does, but you may give him a chance to prove that he can deal with them! (Hint: don't use if he has no clue either).

Men are competitive. Tell him when you think he could do something much better than you, the neighbor, the handyman, or anyone else. Let him show you!

2. Praise him!

Even if you think it's ridiculous to praise a grown man for taking out the trash, or repairing something a 10-year old could do, praise him. Express your gratitude. "Thank you, honey, I am so glad that I didn't have to do that; no one can do it as well as you" will go far. Or get specific whenever possible. "I am so grateful you went to the post office today..." or "Thank you for bringing the groceries in, they're so heavy..." will make him melt.

3. Learn his love language.

What is the interaction that has someone feel loved? It could be conveyed by kind words, by praise and appreciation, through spending time together, through physical touch, by acts of service, or by receiving gifts. Do you know your love language? How do you know and feel that you are loved? How does he?

Find out what makes him tick.

Does he need to be told how much you love him?

Does he need to hear how much you appreciate him or how wonderful he is?

Does he want you to spend time with him for stuff he loves to do? (Watching endless football games anybody?)

Maybe he wants to cuddle and get back rubs?
Does it make him happy when you fold his socks just the way he wants?
Or his greatest affirmation of love is getting little gifts.
Maybe he really feels treasured when you were thoughtful enough to bring home his favorite ice cream.

Find out! Be strategic, you will benefit too!

Down the road tell him about the love languages and let him know about yours...

4. If you really need to talk things out, don't try to get his attention when he's tired or stressed out.

Avoid the proverbial threat "Honey, we need to talk". At that point he pretends to speak a different language. Nagging won't get you anywhere either.

Try to pick a good time to talk when he's relaxed and doesn't have to rush.

Use all the tricks up your sleeve (see points 1 through 3 above), then approach the conversation with the way you think or feel about a certain situation. Don't make it about him, make it about the issue.

Don't use words like "you never" or "you always".
Speak calmly without assigning blame even if it is his fault.

Tell him you're upset, and then tell him why in a rational manner.

I know, easier said than done, so make sure you collect yourself before you start. A great way to lead is to say "I am sorry". You actually do feel sorry the two of you don't get along right in this moment, no?

Let him come up with his ideas for a solution, now it's your turn to listen.

5. Ninja trick: Think back fondly to the time you met your man.

Of course this only works when you are not livid or stark raving mad. So if you're in a funk, try to decompress by taking a walk in nature, or meditating or beating the stuffing out of a heavy bag. 😊

Then try to remember the qualities that made you fall in love with him. Savor the memories of the time you two spent together doing fun stuff, being happy and carefree.

Try to recreate those times. What did you do that made him smile and adore you? What was it that drove him crazy about you? Can you still find that in yourself?

Kim Bowen, a marriage counselor, once said:

'Soulmates aren't found; they are created through commitment, perseverance and hard work.'

So don't expect everything to always stay dandy and be deliriously exciting like when you first met.

But you can connect to that feeling of being in love. Mature love is just as satisfying, if not more so. A deep connection and commitment will make your love relationship passionate as well as intimate.

Bring it out!

Live again! Love again! Be happy again!

If you truly want to take your relationship to a whole new level, click [HERE](#) to book a complimentary, private consult with Dr. Irena Kay.



Married Love Success
Transform Your Life

About Irena Kay, M.D.



Dr. Irena Kay is a retired obstetrician/gynecologist who studied and practiced the Martial Arts and the Japanese technique of Reiki to master level.

Having counseled thousands of women about their most intimate issues she decided to serve them further as a Relationship Success Coach.

In addition to her medical doctorate she holds certifications in Law of Attraction Coaching, Trauma Resolution Coaching, and Marriage Facilitation.

“I know first-hand how working insane hours and raising children can destroy or stress a marriage. However, after struggling for many years I was able to transform a blah relationship into a passionate love affair with my husband of over 30 years. I marveled at how we were able to reconnect on such a deep level!

After studying countless experts in the industry and doing extensive research into neuroscience, the brain, memory of emotional trauma, as well as ancient oriental wisdom and medicine, I created a system that follows the steps we took to transform our marriage from blah to bliss.

This system can quickly bring change to a troubled relationship. It is what I want to bring to you, so you too can reconnect with your love, and be truly happy again, every day.”

The "Relationship Success Equation" is a comprehensive system that explains why women and men sometimes struggle to relate on a deep level and what a couple can do to overcome the "Love Divide".

To find out more about the "Relationship Success Equation" check out MarriedLoveSuccess.com!