

ISSUE #1



GODDESS

CLUB

MONTHLY

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Introduction



When I first set out to write this piece for you, I thought it would be a piece of cake - just throw in what's good about my relationship, what the women I've been helping find good about theirs, add some explanations and bullet points and call it a day.

How wrong of me.

There is one secret to having a great relationship. I'll lay it out in as much detail as possible. If you're really impatient, jump to the last page and you'll see it summarized in one short sentence. However, I urge you not to do so - reading the details will make those words last longer in your memory.

Another thing I'd like to mention is this - a good relationship is based on positive actions, on a proactive approach towards problems. On understanding the other and showing genuine interest in what they do, in learning what makes them tick and what they like as individuals. I'll tell you more about that in a future episode, though. For now, let's skip to the good stuff.





Attitude breeds behavior.

**Or why what you think of it
is what you think of it**



Now that's what I call a fun start. What do I mean with "what you think of it is what you think of it"?

Mainly two things:

- 1) your attitude towards your relationship and partner can change **the way you perceive them**
- 2) your attitude towards your relationship and partner can change **your relationship**

Needless to say, perception and change go hand in hand as well, but let's not get into that just yet.

Attitude and perception

Mary, a very dear friend of mine, once came to me, eyes full of tears, saying she couldn't bear living with her husband any longer. That, from a woman married for merely 6 months, was a bit disturbing.

We talked for hours, we met up day after day. Nothing significant came up, until one evening she said something that surprised both of us.

"He calls me way too often. I hate it!"

It was a small thing. But, thinking about it, we knew it might hint to what the real problem was.

She felt that they had married too soon. She wanted her freedom. And though her husband was just considerate and attentive, she pictured his calling her as a means of controlling what she was doing, where and with whom. That made her feel trapped and, once home, got her in a bad mood.

She firmly believed he didn't trust her and that he wanted out of the relationship.

See what I'm hinting at? It's called **projection**, we all do it and it's detrimental to our relationships with each other - by projecting, we're more or less seeing people through subjective perception filters.

That's a fancy way of saying we're attributing our own motives and reasons to their actions.

She felt insecure and scared, she wanted out. So, by projecting, she assumed he did too - hence his frequent calls. Where there was love, she saw insecurity. Compassion, she mistook for the need to control.

Once we'd figured that out, formulating a plan came easily. We'd even joke about it, saying he was needy because it was that time of the month. Not a great joke, but to a woman in tears, it did the trick.

That day was the last day I ever saw her cry over him. She'd always smile and laugh whenever we talked about him and their relationship.

Letting go of her own prejudgement helped them bloom. They went from two people in a relationship to a couple. Apart from my folks, they're the best couple I've met. Warm, kind, supportive of each other.

She has a beautiful girl with him, to remind her of the deep love they shared.

They're not together anymore, but not because they stopped loving each other. A tragic car crash took him away a couple of years ago... I thought she'd cry her heart out, but she did not - sad as she may have been, she stood there, by his cold headstone, telling him she loved him more than anything in the world.

Back when he was still alive, they had agreed that if one of them were to pass away, they'd remarry and move on. She did move on, but never remarried.

"I can't just run around searching for true love anymore. I found it once, with him. It wouldn't feel right to replace that."

True love.



And to think she was going to break up, divorce and flee because she felt insecure and thought he was too, without even asking him about it.

But enough with the sadness. Let's see what you can do to let go of projection and embrace your relationship (and guy) for its true self.

First thing you need to accept is that relationships, by nature, are forms of partnership - and that means they require rules, compromises and, most of all, clear boundaries. Think of it as a car with two engines. Unless both engines pull in the same direction, the car won't budge. Unless, of course, one of them runs slower - case in which the tires get a lot of abuse and the car becomes largely unusable. So both of you have to have the same drive, the same willingness to compromise and coexist. It does take two to tango.

For specific information on how to tackle different personality types, you can always refer to the Ex Back Goddess ebook. But that's not the purpose of this piece.

Our aim, for the moment, is to ensure that you know what makes a good relationship and how to nurture it. We've talked a lot about attitude - here's how to manifest your positive attitude towards your relationship and change it for the better. Make it fit for a Goddess. Think of it as of breathing - you need to do it to live, but there are good lives and bad lives. It all depends on what you choose to do, where you choose to live and what air you choose to breathe.

The 6 Breaths Of The Mind And Soul

Share secrets.

It may sound like a no-brainer, but how many of your secrets have you shared with your significant other? Sharing secrets builds trust - it shows you're comfortable with being vulnerable around him, so it'll make him open up as well. There's no better way of making someone trust you than trusting them first.

However, don't overshare! If you're with a guy and get a little crush on someone else, keep it to yourself. It can do more harm than good.



Realize it's in your head.

Ah, yes! Heads. Lovely things. Too bad they bring us so much misery. See, the more you fret and worry about something, the worse it will become. Think about giving a speech to a very large audience - do cold sweat, babbling, fidgeting and being nervous come to mind?

Congrats, you're bracing for disaster. And you're probably going to 'cause it because of that. The more we fear something, the greater the chances we'll screw it up.

Brace for success and you will succeed. Expect a good relationship and you will be creating one.

Ask and listen more than you talk

We've gone over this extensively in the book. But it's extremely important, so it's worth mentioning twice: make it about him, whenever you talk about serious things. You're already expressing yourself naturally. He isn't. By encouraging him to talk about himself (asking questions, offering suppositions and waiting for him to confirm them), you'll meet in the middle and share more. Also, it creates a good environment for secret-sharing.

Be open

Whenever you're confused about something, make sure you let him know (gently). Write it down, first, and see what it'd sound like. Rephrase it if it seems harsh and then ask. We're living in an age when asking is thought to be a weakness, when it is the most powerful thing you can do in a relationship. Always be asking - it shows interest, empathy and a genuine desire to understand.

Confront yourself

There will come a time when you might suspect him of something. Try to remember similar situations; did he act the same? What were his reasons? Why did he do what he did? This gets overthinking out of the way, and clarifies things. When in doubt, be open.

Write it down

Surprisingly, we become more objective when we write things down; you can further enhance this by using something else than your native language (or write everything in the third person, dropping the names and sticking to pronouns - “She felt that he” instead of “I felt that James”). Then read it out loud. If it doesn’t really reflect what you feel, than your words got the best of you and this exercise just saved you from a nasty situation.

Before we jump to the next section of this issue, “*The secret to a long-lasting relationship*”, take some time to analyze your relationship using the worksheet on the next page. It’s based on the stuff we’ve just gone through, so it shouldn’t take you long.



Relationship Retrospective Worksheet

1. When was the last time you shared an intimate secret with him ? What was it?

2. What was the last secret he shared with you?

3. What expectations do you have when he goes out by himself? Do you trust him to not cheat on you? Why?

4. What was the last story he told you? What was it about?

5. What are most afraid to tell him? Why?

6. Ask him about his day. Every day. And figure out how to tell him that which you are most afraid to tell him.



The Secret To A Long-Lasting Relationship



Time makes everything better. And good relationships get better as days, months and decades pass. The longer you know someone, the more you get to know them as an individual. In a way, you take them inside yourself, part of you identifies with them. And that's when you love them most - because that's when you're finally willing to share your life with them. So, the secret to a long-lasting relationship is making last just a little bit longer, every day.

Don't aim to be happy (or make him happy) the next 5 years. Aim for tomorrow. No, for today! If he felt happy with you today, he'll strive to make you happy tomorrow. And that's a self-growing cycle that you don't want to get out of.

Ever witness a couple fight, and then start fighting more and more often? Well, it's kinda like that. Just turned upside down, so instead of fights they have **laughter and fun**.

The science behind it is pretty elaborate, but it boils down to a number of easy to understand, fast to apply principles.

There are two types of couples - healthy/regulated and unhealthy/unregulated. You can score a bit of both, so relationship's 100% flawed, nor 100% perfect.

What makes you flawed/unflawed?

The Five to One Ratio

Happy couples have a 5 to 1 ratio of positive to negative behaviors. It's been shown that people are most likely to act positively whenever they don't feel constrained by others. In a relationship that is built to last, giving your lover a greater degree of liberty will make them feel more drawn to you and to appreciate you more.

Don't pull them to you, give them some space and they'll feel compelled to come. It might sound a bit rude, but think of the last time you went to the market and got a free apple with your purchase - didn't you instantly like that vendor better than the rest? That's the power of giving and not asking for something in return.



The Validating Principle

Good couples handle conflict in an open and cooperative manner; they exhibit increased positive emotions and a respect for each other's opinions. They believe in emotional expressiveness, but in moderation, at the right times, and only on central issues. There is an emphasis on "we-ness" and companionship. Remember "WE" spelled like "U+I", right?

They peak in their attempts to influence their partner in the middle third of the interaction, which is the agenda building or negotiation phase.

The Volatile Principle

Like the validating couples, volatile couple handles their differences in an open manner... but in a competitive manner.

They exhibit a high frequency of negative emotions and an attempt to persuade their partner's opinion.

During conflict, these couples begin their persuasion attempts right away, which remain high throughout the interaction.

They are the most emotionally expressive. Positive and negative feelings are freely expressed.

These couples show high levels of affection and humor in the midst of an argument; they use a "we against them" stance.

Men who prefer volatile relationships are just as likely as women to bring up issues.

Again, this is ok, but it does depend greatly on the guy you're with.



The Conflict-Avoiding Principle

Some couples confront their differences covertly, downplay negative emotions, and focus on their similarities.

They minimize the importance of the problem at hand; they gossip; they focus on the strength of the relationship; they reiterate their shared beliefs; they reaffirm their commitment to one another; and they end conversations with a note of optimism.

These couples will, at times, explore their emotions because their goal is acceptance, but any emotional expression is usually low-key.

The three principles above lay the foundation of your problem-coping strategies. You should probably fall into one of the three categories and aim to solve the conflict using the tools I've provided you with.

But it doesn't always come easy. And that's when you know you're one of the...

Mismatched/Unregulated Couples

It is ideal for the relationship when partners have the same kind of conflict resolution pattern. Although to others the relationship will look dysfunctional, it generally works out for them. If you both avoid conflict like the third principle suggest, you're fine.

When people have different conflict resolution patterns, several problems can arise. These couples find themselves stuck in problems they cannot resolve which causes both of them emotional pain and leads to negative ways of interacting. It's like talking two completely different languages.

Both of you exhibit personal attacks. Both of you have a decrease in positive emotions. And conflicts always feel way more powerful than they should.



Unregulated couples are all the rest. The frustration of not being able to solve their problems builds up and adds to the emotional pain and stress of life within the relationship. Couples that don't find their way, or don't get help to find a way to communicate, often move on to the next stage: **distressed**.

This means that the emotional pain they are experiencing is so severe that they are in danger of breaking up.

Regulated couples, on the other hand, have ways to deal with their problems - your best bet, then, is to make use of the teachings in the first section of this issue (the one that deals with attitude) and aim for a better today. Step by step, you'll grow into one of the 3 principles and it will become easier for you two to solve your problems.

As you do that, you should be aware of warning signs. Subtle hints that tell you how well the relationship is going - to know about a problems is to know how to fix it.

The Four Horsemen of the Apocalypse

All couples exhibit negative behaviors that are damaging to the relationship. However, couples that are unregulated exhibit an increased amount of damaging behaviors.

I remember James and I getting in a criticism routine - we'd be so demanding and cynical about each other that I'd often end up crying. He'd turn to his music and whiskey, then we'd fake making up, then start arguing the following day.

The most damaging of these behaviors are the Four Horsemen of the Apocalypse. They show the relationship is in crisis and are shown to be predictors of separation.

The Four Horsemen are also found in healthy couples, but are much more frequent in unregulated couples and without the repair attempts found in stable relationships.

The behaviors that make up the Four Horsemen are: **Criticism**, **Defensiveness**, **Contempt**, and **Withdrawal** (also referred to as Stonewalling).



First Horseman: Criticism

Attacking someone's personality or character rather than a specific behavior and is usually accompanied with blame.

Anything that implies there is something globally wrong with one's partner, something that is probably a lasting aspect of the partner's character. If it begins with "you always" or "you never" it is a criticism rather than a complaint.

Example: *"You talked about yourself all through dinner and didn't ask me anything about my day. How can you treat me this way? What kind of a self-centered person are you?!"*

Second Horseman: Defensiveness

Any attempt to defend oneself from a perceived attack. A general stance of warding off a perceived attack.

A common defensive mechanism is where someone rarely admits they are wrong and instead blames the other for not somehow preventing the mistake, which makes it their fault. (Shh! Projecting!)

Usually this includes denying responsibility for the problem by diverting, deflecting, attacking, or defending, which fuels the conflict.

Example: *"How about when you explode into a tantrum?"*



Third Horseman: Contempt

In other words, any statement or nonverbal behavior that puts oneself on a higher place than one's partner.

The facial expression of contempt, such as eye rolling, is particularly corrosive to relationships. Contempt is the single best predictor of divorce; it is found heavily in unregulated couples and essentially zero in happy relationships.

Example: *"It's not, 'I could care less,' it's 'I couldn't care less.' At least get that right!"*

Fourth Horseman: Stonewalling/Withdrawal

Occurs when the listener withdraws (through physically leaving or emotionally shutting down) from the interaction.

Non-verbal behavior expresses the withdrawal, such as few glances, looking away or down, stiff neck, saying little, concealing or lack of facial expression.

85% of Stonewallers are men; when women stonewall it is very predictive of divorce. Men usually stonewall as an attempt to decrease their state of being flooded and to self-soothe. We'll talk about that more extensively in next month's issue of the Goddess Club Monthly.

For now, know that you should never fall under the Four Horsemen trap and more importantly you should seek to dedicate as much time as possible to your partner and communicate with him all the issues as they stem in a constructive manner avoiding lies at all costs. Sincerity is another ingredient for a successful relationship.

A final spiritual ingredient for a successful relationship is **self-esteem**.

Evidence from research suggests that couples with a higher degree of self esteem respect each other more and tend to be more honest to each other. Next up, what to expect from a guy and how you should treat him.





Goddess-like Relationship 101

Practical tips on everyday issues.



I've decided to sum up everything notable in the sub-chapters below. This is a rough guideline of what you should do to make each other happy. Remember, his happiness is your happiness.

How you should treat each other

There are some things that both you and him must be aware of in order to make your relationship thrive. Romance is all about reciprocity and fighting for common goals, that's why you and your partner should follow together the guidelines below.

Don't avoid problems

Face them at the right time rather than continuously postponing them for later. Otherwise you'll both become passive aggressive with each other and internalize your emotions until they come bursting out in fits of rage.

When you sense that disagreement is about to ensue, don't wait for it to go away without talking it out with your guy. It's important that you both make efforts to face the problem and get over it then and there in order to avoid a massive argument in the future that could shake your relationship.

And this brings me to my next point which is that **you must solve conflicts with love and forgiveness**. As hard as this might sound, you must avoid anger and spite and try to understand your man whenever he does something wrong.

On the long term, this will ensure that he does the same for you whenever you make a mistake. Rather than fighting endlessly, try to discuss your problems and remind yourself of the loving connection that exists between you two.

This is more important than any immediate disagreement and must be protected by approaching conflicts in a loving manner.



Spend time with each other

It's often the case that we get so caught up in the day-to-day that we forget about spending time with our precious partner. I know that you two have got busy jobs that hardly leave you time for breathing, but unless you try to spend a lot of time with each other, your relationship won't be going anywhere.

Make a habit out of spending time with each other every night and doing nice things together in the weekend. Don't you just sit and wait for him to come in with a box of chocolates and flowers telling you he's bought two tickets to see your favorite band. Be proactive. Organize such special moments yourself!

Respect each other's space.

This point stands in contrast with the others - they were all about togetherness and underlining the importance of spending a lot of time with your partner.

However, it's clear that both of you need some space to breathe from time to time. Avoid judging him when he tells you that he wants to spend some time alone - this doesn't mean that he loves you less or doesn't feel like staying with you.

Rather, it's normal to expect this from both people in a couple. They'll both need some time to unwind from time to time and that's nothing to worry about.

Be Supportive

If you were to do only one thing after reading this book, do this one. Always support each other when one of you is down, be there for each other when life makes you miserable and share moments of joy and sorrow alike. Why do you think they say "In sickness and in health"?



If He Truly Loves You, He'll Do This

You've done your job, you know he's happy because you are doing the right thing and are treating him right. But how should he reward you for your efforts? Well, there's at least three things he can do...

Make you feel special - If you follow the guidelines above, your man will feel the urge to give a lot of affection back to you. Compliments and sweet words should come naturally from him.

This will stand as confirmation that what you're doing is right and that your relationship is going forward thanks to your hard work. Expect him to reward you with special moments such as buying your favorite chocolate or bringing you flowers for no apparent reason.

Trust you - If you constantly show him your love and appreciation, then he's left with no reason for not trusting you when you're with other people. He knows that your feelings are true and he should show you that by giving you the space you need to form connections and friendships with others.

Just like you, he shouldn't get jealous when he sees that you get a text from your workmate inviting you for a drink. **Trust** is one of the keystones of your relationship and he should respect that.

Lastly, you must expect him to always respect you. He should respect your opinions and thoughts, and accept your right to live as an independent woman.

And unsurprisingly, the most important physical element of a healthy relationship is sex. Researchers have found that couples who are satisfied with their sex lives are generally more successful over the long term. It has to do with a special hormone that gets released in the male body after an orgasm, but even more with their attitude towards relationships. Their expectations and general approach. More on that, in next month's issue.

As promised, I'll give you the one short sentence that explains what makes a relationship really work.

So, what makes a relationship fit for a goddess?

Belief. Believe in what you can have with him, and you shall have it.





GODDESS CLUB MONTHLY ISSUE #1

~ CHEAT SHEET ~

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2. your attitude towards your relationship and partner can change **your relationship**

• *The 6 Breaths Of The Mind And Soul*

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2. Realize it's in your head.
3. **Ask and listen** more than you talk
4. Be open
5. Confront yourself

• *What makes you flawed/unflawed?*

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- The Validating Principle
- The Volatile Principle
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• *How you should treat each other*

- Don't avoid problems
- Spend time with each other
- Respect each other's space.
- Be Supportive

