

## **Special Report**

### **"5 Relationship Rescue Secrets"**

*"You're About To Discover 5 Secrets For Healing Relationship Issues & Reviving The Love, Passion, Respect, & Fun That You've Been Missing In Your Relationship."*

**Thinking back, you know that you never thought your relationship would ever get so strained. If you could turn back time and undo all the arguments, sleepless nights, and unkind words exchanged, you could know that there is a way to start out fresh again.**

**But what if you had the secrets you need to turn things around and have an even better relationship than ever before?... The loving relationship that you long for with your partner.**

**In this "5 Relationship Rescue Secrets" Special Report, you'll learn steps you can take right now to . . .**

- Resolve old relationship issues (even if you don't know what they really are right now)
- Discover the #1 thing that turns relationships around faster than anything else
- Know whether this relationship can be saved, changed, or if it's time to move on
- Get the love you really want - and much more . . .

*These 5 powerful secrets to rescuing your relationship will help you stop old patterns, stop the feeling of loneliness and being ignored in your relationship, and turn things around to help you start experiencing the pleasure, passion, intimacy, fun, and fulfillment that you've been missing in your relationship, once and for all!!!*

Creating change around how you relate to your partner can be extremely challenging. Maybe you've read self-help books, googled relationship problems, or tried counseling, hoping with each move that this time it might work, only to find that you still feel uncomfortable and unhappy with your partner and still don't get the love you need and deserve. You might feel totally stuck, discouraged, or even wonder if it's just not going to happen for the two of you ever again.

It's totally understandable to feel this kind of frustration. Most of us have never been taught how to enjoy our relationships and develop our intimacy and connection as a couple, let alone enjoy our sex life, or know how important it is to live our shared dreams together. There are a few simple and incredibly effective steps you can take to completely transform your life and simplify the process of making changes for the better in your relationship - the 5 secrets which are presented in a step by step format to make this an easy way to turn things around in your relationship right away. I'm excited to share them with you, and I acknowledge you for taking the steps necessary to change your relationship right now.

In fact, you may know other women in your life who also find their relationships stale and dull, and one that just feels like another chore, and you might have wondered if maybe this is just normal - this is just "how it is." Sometimes, we unconsciously start to accept the idea that for us women, once we settle into being a couple, life is really not enjoyable, not fun anymore, or even, in some cases, a power struggle where you just lose your own identity.

I want you to know that change can, in fact, happen easily and effortlessly in your relationship. And the feeling of achieving a happier or more satisfying love life full of passion, excitement, fun, and intimacy will lead you to changes in your personal life as well, while your relationship as a couple is deeply satisfying - it will feel great!

I want you to experience that same sense of happiness, fulfillment, and satisfaction when you take the steps necessary to make that change for the love you want to experience with your partner. That's why I'm sharing these secrets here, so that you can get started right now to have the relationship and love life

you want and deserve. Let's jump in!

### **"Relationship Rescue Secret #1: Reconnect With You First"**

Often, part of the problem that women encounter when trying to enjoy their love life is that they set out to improve and change their partners first. The second aspect of this secret, is that women also try to do everything they can in the beginning to please their partner. They forget about themselves and while this is all in the name of love, it takes you away from what you need as a woman in your relationship – you need to be given to, loved, cherished, honored, desired – and most of all to not be the only one that takes care of the relationship between the two of you.

The secret is: Do this for yourself. Quit being the only one and share the responsibility for a happy relationship with your partner. That's why there are two of you, each necessary to do your part in order to have the best, intimate relationship that fulfills each of your needs. You want to be loved for yourself, the real you that has needs and desires - hopes and dreams. Be open and honest starting now. Open up the communication by asking your partner a question about his needs and dreams. Find creative ways to open up and share new and different topics and to develop understanding on a deeper level. Then share your needs in a loving way. Move away from any old habits of nagging or criticism. Turn things around by your willingness to have a better relationship.

Don't over think all of this. Just start until it gets easier and easier. They need to talk to you just as much as you need to talk to and open up with them. Be who you are and know what you need from your partner. Take care of you in all of this. Be loving and gentle with yourself. Accept who you are. Change what you want to change with respecting there is only one you, and you alone possess all that makes you, you. Nothing is missing. You are growing and becoming just who you are supposed to be. So is your partner.

It takes courage to step out from mediocrity and from the need to fit in, because that is how you think you will become accepted. Did you know that before you bought into all that made-up thinking and attachment to some story that you thought was you, which came from the conditioning of your growing up, that you were gifted with a genius code that is unique to who you are? Did you know that your natural state of being is one of infinite intelligence and imagination that is always available to you right where you are? This wisdom is waiting to be tapped into by YOU at any given moment, and all you have to do is agree to want to receive it. YOU have the power to accept *Your Genius Call* and become all that you desire. YOU are the master of your fate. YOU call the

shots and make the choices that will align you with the success you are seeking.

Every day and in every way we get better and better. I know you all have heard that somewhere before. But it is true. All we need to do is believe it. One way to believe it is by being certain in your thinking that you have the power to be anything you set your mind to. All that you need, every single resource, is available to you in any given moment as long as you are open to receive it. The way to become open to the FLOW OF LIFE is to let go of any thought that inhibits you from realizing and embracing that your natural way of being is one of absolute genius. YOU ARE A GENIUS; that is the truth. *Your Genius Call* is calling out to you 24/7 to become more and more of who you are. Don't settle for anything less. Don't give in to your ego that wants you to stay normal and small so that it can control you. Bust out and become free to soar and fly to great new heights of accomplishment. Be committed to your journey with a steadfast knowing that magnificence and excellence are the order of your day... It is all there for you to claim it... Say YES to YOU!

*"The only way to create the life you desire is not by trying harder but by believing in yourself. It is through that belief that you begin to walk the path that is your calling."*

***I AM ready to claim my genius today  
I AM committed to the treasure I AM  
I know that all things are possible in every area of my life  
Infinite intelligence is my natural state of mind  
I Claim my destiny with enthusiasm and determination  
I AM a Genius  
I AM A Genius  
I AM A Genius***

***It's your day....MAKE IT A GREAT ONE!***

## **"Relationship Rescue Secret#2: Know The Real Issues"**

What are the real relationship issues? What is it that YOU really want from your love life? Partner? What would living an intimate life mean for you? What would it look like? Do you want the arguments to stop? Do you want to have more time together? Do you want to have a life together that's filled with more pleasure and passion? Do you want to find fulfillment in your love life? Do you

want to heal relationship issues? Or do you want to learn how to dissolve fears; self esteem issues, and worry around your relationship one month from now?

It's tougher (and a lot less fun!) to track your successes when it is not clear to you what you really want.

So, take a pen right now and *clarify what YOU want* . . . what is it that you really want to change or experience in your love life?

Get specific first. Make your list by looking at the questions above and adding to areas that need improvement in your relationship. The biggest problem area in relationship is unmet needs, which turn into issues that we constantly bring up when we get in an argument. What do you want to resolve?

You can get even more crystal clear by being specific:

**Be Specific.** Dig Down Deep. What is causing the real problem? Now turn that around into a goal. A goal could be: Spend more time together having fun.

Define: What your goal is. Then plan one thing that meets that specific goal.

Example: Plan a weekend away having fun together.

As you reach some of your specific, crystal clear needs, or continue to get even more clarity and certainty, you might end up refining your goals and adding new ones. You'll be achieving your relationship goals with much more ease just by getting clear on exactly what your goal is. One of the great things that happens as you do this, is that this process frees up your energy, and you begin to focus on and achieve success in turning a problem area in your relationship into an exciting change for the happiness of your love life!

### **"Relationship Rescue Secret #3: Map Out Your Journey"**

Now that you are crystal clear on exactly what area you want to resolve and change in your love life, you'll get there easily when you create a step by step plan.

Without a planned strategy, going for your goal is kind of like trying to get

from Paris to London without a map - murky, confusing and frustrating. With a map, it's clear, easy and fun – Step One, then Step Two, then the next, and so on. Makes sense, right?

So again, grab that pen and paper, and sketch out a plan for getting to your goal.

What do you need to do first? What are some things you might want to try that will help you? If your goal is to discover how to dissolve fears and worries around your relationship, your strategy might include first to learn a technique to dissolve fears and worries, and then to apply it.

If you get stuck, you could sit back and consider the goal you have. If you could break your goal into three main stages, what would those three stages be?

Strategizing your actions makes it manageable, enjoyable, and simple to move forward, step by step on your goals. As you achieve each step, you build momentum to keep cruising forward effortlessly on any and all of your relationship goals.

Here's an example:

Have you ever noticed how great you feel after spending time in your favorite place, or with your favorite people? Our environment is a huge factor in our success. I know, for example, that I am enthusiastic, focused, and motivated after spending time with my partner when he is as excited about spending time with me.

It's pretty tough to create powerful changes in your love life when you're in an environment that doesn't support a love life at all.

If you're trying to live a more intimate love life and bring pleasure and passion into your lives but you have an unsupportive partner, well, making those changes will be a huge struggle.

If you start making your relationship the focus then you're already a whole lot closer to being automatically set up for success than you were before.

What could you add in to your environment to make success easy, fun, and inevitable? What might be the perfect thing to add in to your environment to set you up for relationship success?

What could you take out of your environment that is detracting from your ability to enjoy pleasure, feel sensual, and celebrate your love? If you're trying to make changes in your sex life, but your bedroom is so loaded with clutter that it takes you an hour to clean it all up, well, that's not so supportive. Get rid of the clutter and turn your bedroom into a boudoir! Make it an inviting space for you and your beloved to enjoy each other.

Make a list of things you could add into your environment to support you, your partner, and your relationship; similarly, list negative things you could take away that would make you more successful.

### **"Relationship Rescue Secret #4: Enhance Your Skills As A Couple"**

If you've had trouble achieving your goals in the past, it might simply be because you need to acquire or brush up on some key skills. Maybe you want to expand your knowledge and skills in the Art of Love. Or maybe you want to improve some other skills to meet your relationship goals, such as knowing each other's love language.

For example, if you keep getting stuck when trying to take action to improve your relationship, it might just be that you need to build some solid communication skills and then you'll be ready to hit it out of the park. Stuck in your fears and worries about the relationship? Might be time to read those books on dealing with fears and worries.

Stop right now and make a list of the skills that are needed to achieve your particular relationship goals. As you take a look, you might see that you're strong in some areas, but that you could definitely use support in some others.

Are there some areas where you could use a skills upgrade? How might you get started on upgrading those skills?

Once you have the necessary skills in place, feeling frustrated and stuck will melt away. Your skills will propel you forward into success! I'll tell you a story about myself. When I was first trying to write special reports and turn them into PDFs, I had no idea how to do it. Now that might be something that comes easy to you. For me, I had to read how to transform a Word Document into a PDF. Then I tried it out and it worked. The truth is in the beginning I just procrastinated and let the report sit there where no one could read it and the

bigger picture is that I was not fulfilling my desire to help couples with their relationship. Now I can equate this to your relationship. If you let things stay the same and you don't change a thing, what will happen to your relationship, your love life, and to you? Take one area in your relationship right now and get the skills necessary to have the life you love with the love of your life. Turn things around for the better right now. You can do this.

### **"Relationship Rescue Secret #5: Flex Your Love Muscles: Reconnect & Get Intimate"**

Now, it is a fact that a happy and successful relationship takes effort.

When you strengthen your relationship you will have a stronger and more intimate connection.

The good news is, it is easy to improve your relationship. There is one exercise that you can start doing right now. And the beauty about this exercise is you can do it every day in just five minutes.

#### **5 Minute Intimacy & Reconnection Ritual**

1. Before you walk in the door, bring your focus to your partner and block out everything else but your partner and begin releasing your day.
2. As you set your things down and walk toward your partner, exhale and continue releasing everything else. It can all wait for five minutes and it will all be there when you are free to take it on with much more energy.
3. As you exhale, relax your muscles, and create this tremendous surge of energy and love for your partner - no matter what - it is the first time you have seen each other all day long, and you need this time to connect.
4. Act as if this is the last tender, loving embrace that you will ever be able to give to the one you love. Hold this embrace for at least one minute.
5. Tell them that you missed them today. Ask about their day and share yours. Do this every day for the next 30 days and then you will notice a huge change

in both of you. Email me and let me know what happened.

Start patiently and gently until you get used to flexing those love muscles!

I recommend you take this one day at a time until you get used to it. You don't need to worry about anything but connecting. You will get better and better at connecting throughout the day whenever you have a few spare moments. Keep finding ways to connect and understand each other.

### **"Bonus Secret: Master Your Psychology"**

Putting any one of the secrets I've shared so far to work in your life will make a huge difference for you, without a doubt. And, with that said, this secret might just be the most powerful one of all.

Sometimes, no matter what you do to create a change, something underneath it all can still hold you back. It's completely normal to encounter fears, doubts, shame and limiting beliefs when you're going for your relationship goals.

There are a lot of great ways to work with these psychological factors so they no longer have any power over you and your success. Number one is simply to become aware of them - to really notice how a certain doubt creeps up every time you consider taking the next step.

Knowledge is power. Once you start to bring these processes out of hiding and into the light of your awareness, you can work with them, and release them!

In my relationship programs, I offer my clients a lot of powerful strategies for mastering their psychology once and for all. Having someone support you through the process of releasing fears, doubts, self-esteem issues, and limiting beliefs that have been holding you back makes a huge difference in really turning it all around.

In the meantime, you can support yourself by becoming aware of the "inner game" issues that creep up and threaten to hold you back.

I'll be emailing you again soon to see how you're doing with putting these 5 secrets to work in your life, and to see if you have any questions or if I can

support you in any way. Look for an added bonus: 10 Tips For Keeping The Flame Of Love Alive!

You absolutely deserve to live a relationship with intimacy, connection, and passion for each other and live the life you love together. Start now!

I'll be in touch soon.

Wishing you love in your relationship,

*Debbie Rivera*  
Faces Of The Heart

Discover the secrets to quickly improve your relationship and revive the love, passion, respect, & fun that you've been missing in your relationship. The material on this web site is copyright © Debbie Rivera and Faces Of The Heart. All rights reserved. If you copy material from this web site, our reports, articles, eBooks, or programs for use in any printed or electronic media please get permission first by email.  
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