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Dena's words of wisdom:

"I believe that there are no secrets to becoming successful in life, get up with a goal, take small steps each day and remember only you will truly know your worth. I truly believe the result to true success in life is the result from hard work, the preparation and the most important of them all, the learning from the failed attempts. They are not the end but the beginning of change."

If you would like to learn more from Dena, please visit:

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Introduction

In my practice I see many individuals weekly, Samantha was a 36-year-old woman and a successful clinical physician, who sought my skills to help because she often felt inadequate. While she really valued herself as a doctor, she did not value herself in her important relationships with friends and family. (I want you to know this because we are all victims to our own mindset at times.)

She said she wanted to be in a loving relationship, but she took no actions to meet available men. She isolated herself, chose to be there for friends and family and gave herself very little if any personal time, doing things she enjoyed.

In the course of our work together, it became apparent that Samantha rarely took loving action in her own behalf even with her friends and family. For example, Jessica, one of Samantha's friends, would get angry and blame Samantha for not caring, when Samantha was not available for dinner with Jessica.

Samantha would feel guilty and responsible for Jessica's feelings and meet her for dinner even when she was exhausted from work because of Jessica's behavior. Samantha would feel drained after these dinners and depressed for several days after, never realizing it was because she had not taken loving care of herself and enforcing her boundaries.

Samantha soon realized that the reason she was afraid to be in a relationship was because she had no idea how to take care of herself around others. She was terrified of completely losing herself in important relationships.

She realized that if she could not speak up for herself with Jessica, how could she ever speak up and take loving action for herself with a man she was in love with? She realized that she would continue to feel lonely, anxious, inadequate and depressed until she learned to take loving action for herself.

Many people suffer from daily anxiety, depression, stress, and anger as well as from feelings of guilt, shame, and inadequacy. The major cause of these feelings is a lack of loving action in their own behalf.

Loving actions fall into two categories: Loving actions for yourself and loving actions in relationship to others.

Being in Love with Yourself

When we recognize the feeling of love for ourselves, we behave in a completely different way. Loving actions for ourselves are the actions that attend to our own needs. When you take loving action on your own behalf, you are letting yourself know that you matter, you are important, you count. When you fail to take loving action, you give yourself the message that you are not important, which leads to feelings of depression and inadequacy.

Loving actions for yourself might include:

- Eating nutritious foods, avoiding junk food and sugar, eating when hungry and stopping when full.
- Getting enough movement or exercise.
- Keeping your environments clean and organized.
- Getting enough sleep.
- Creating a balance between work and play. Making sure you have time to get your work done, as well as time to do nothing, reflect, learn, play and create.
- Creating a good support system of people who love and care about you.
- Being organized with your time, getting places on time, paying bills on time, and so on.
- Choosing to be compassionate with yourself rather than judgmental toward yourself.

- Creating a balance between time for yourself and time with others.
- Making sure you are physically safe by wearing a seat belt in a car, a helmet on a motorcycle, scooter, or bike, goggles when necessary, and so on.

Our Loving Actions in Relationship with Others

Loving actions in relationship for others might include:

- Being kind and compassionate toward others without compromising your own integrity or ignoring your own needs and feelings.
- Saying no when you mean no and yes when you mean yes, rather than giving yourself up and going along with something you don't want to do, or automatically resisting what another wants from you.
- Taking care of your own needs instead of trying to change and control others. Accepting your lack of control over others and either accepting them as they are or not being around them.
- Speaking your truth about what is acceptable to you and what is unacceptable and then taking action for yourself based on your truth.
- Taking personal responsibility for your own feelings and needs, instead of being a victim and making others responsible for your feelings and needs.
- Creating a balance between giving and receiving, rather than a one-way street with another person.

As a result of learning to take better care of herself alone and with others, Myrna no longer felt depressed and inadequate. She gradually lost her fears of being in a relationship, and is delighted to be meeting available men.

Chapter 1: Love Phrases that Kill

To be in loved with a woman or a man and start a relationship is a wonderful thing. Long term relationships are usually based on love, trust and honesty. Even if honesty is very important in a relationship, sometimes can be hurtful.

There are some things that can't be told to the partner because it may hurt her, or make her change the opinion about you. For example, some bad things you've done in the past, a truth about her that will make her feel bad if you tell her, and so on.

Even if you love her very much and you are getting pretty close, these things that can affect your relationship should be kept in secret. Sometimes you can best show her your love by keeping your mouth shut. So, before you start to be too confident and directly with her, you should take a look at these things that may destroy your relationship.

Never tell her she is getting fat

Even if this is true, you can't tell her this. It will make her feel very bad, and will think that you don't like her anymore. Think about how she would feel if you go there and say: "honey, you could stand to lose a little weight". Let her decide when is the time to lose weight because she will do it without you hurting her. In most of the cases when a man told her girlfriend that she got fat, he gets dumped.

Don't tell her how your mother would have done things

I know that for men their mothers always represent a model in life, but we have to admit that all the families are different. So, we have been raised by different kinds of parents and in different ways of life. Everyone is taught to do things in their ways and that's why you can't ask your girlfriend to do things or to live like your mother.

A woman can have her views and opinions, and all you can do about this is to tell her stories about how you were raised and how things have been done in your family. You should adapt at this new way of life, without comparing her with your mom.

Don't tell her that you like to visit your mom too often

Maybe in that moment you love your mother more than her, but you don't have to show it. She may think that she is competing with your mom, or worst, that you are depending on mommy. It is not at all in your favor.

Don't criticize her when she is trying to do her best

This is the worst thing you can do. If she sees that she is trying hard to do the things fine and you begin criticize her, she would feel disappointed that you don't know to appreciate her for the fact that she is trying her best. So, you should get over it, and offer your to help her in doing that job. Maybe next time she'll be doing better.

Never tell her if your family doesn't like her

Even if your family dislike her, it is better to not tell her because she will get angry and insecure. This will create future problems and tension between her and your family. All you can do is to let your family know that she is the one you have chosen and they have to respect your decision. Try to make them change their minds about her.

Don't remind her about your ex in a special moment

Never ever compare your dating nights or things you do together with the ones you have done with your ex. It might happen to go with her in places where you have been with the other, but don't remind her that. It is a hurtful thing for her to see that you are still thinking about the other.

Also, never compare her to your ex in bed. She will feel bad to find out that the other was better than she in bed. No woman likes to be compared to another, in any aspect.

Don't recognize if you have done bad things in your past

If she doesn't find out already, you better keep your mouth shut; it is in your favor. If you tell her that you have cheated your past girlfriends, for

example, she will have a totally bad opinion about you, and also feel disappointed. So, these things you shouldn't divulge.

Never tell her that a football game is more important for you than her

Even if it is an important game, don't tell her to let you alone in that moment because you are busy and don't have time for her. You better smile and pretend that you are listening to her too, and try to catch the key words. She might ask you what she was talking to you to test you.

Don't tell her that you hate her friends

Because she knows her friends for a long time that she knows you, it is not a good idea to tell her that she doesn't like her friends, or to say something bad about them. She may get angry about this, so you better pretend that you like them and everything is ok.

Don't ask her to relax when she is very angry

When she is very upset, scared, or very angry the worst thing you can do is to ask her to relax. This will make her angrier because she will think that you don't take her seriously. If you upset her by making some bad things, if you just say her to relax she will understand that you are denying that there is a reason to be upset.

Don't tell her that you are insecure

In a relationship or dating woman is looking after a strong and confident man. So, if you are insecure, or you are jealous on her because, for example, she has a better salary than yours, you have to keep this aspect just for yourself. She doesn't have to know it if you want that things between you to go well.

Don't declare your love during a fight

The words "I love you" mean a lot for a woman that's why it should be said at the right moment. But most of guys say this during they have a fight with their partner, in the worst moment ever. When you are mistaking in front of

her, and let's say that you feel guilty, you want her to forgive you, so you declare your love for her. It is a wrong choice.

She doesn't believe a word in what you say because she considers that if you really loved her you wouldn't upset her. You may say you love her but only after your fight is over.

Do not tell her that you like her girlfriend

Maybe one of her girlfriends is very beautiful and you would like to meet her first, but your actual partner shouldn't find this. If you say her that her best friends look very good, she will feel hurt, angry and will never trust you around her friends. So, keep it secret and make sure to not be obvious from your attitude that you like staring at her girlfriend sometimes.

If you want to have a long and strong relationship you shouldn't permit that some things you may say to destroy it. Don't be completely honest about the things which should not be told.

Chapter 2: Tips for Loving in The Fast Lane

Do you ever feel like you catch up with your partner infrequently, often late at night when you're too tired to speak?

Or when your timetables happen to collide? There are work dinners, school outings, sporting practice, dinners with friends, homework to supervise, household chores and so the list goes on. Do you feel like you need to make a date night just to spend some one on one time with your other half? Time when you're not sleeping?

If this sounds like you then I'm sure you will enjoy these tips for keeping each other close at heart, even if you can't always be as physically close as you'd like.

It's all about communicating and sharing the little things that make up our lives. Here are ten easy ways to make your feelings known:

1. Birthday love letter. There is something powerful about a letter. A few years ago, my husband and I agreed to write a love letter for each other's birthday. I think I picked it up from a magazine article about Nicole Kidman and Tom Cruise.

Apparently, it's something they used to do in lieu of expensive presents. Obviously, it didn't work for their marriage but we've found it has become the part of our birthday celebrations that we enjoy the most.

Writing down all the things that you love about the other person and then giving it to them is a very personal and thoughtful thing to do. In many cases its better than any gift you could possibly imagine and something to appreciate and cherish even when the birthday is a distant memory.

You can do it for your children too if you have any and they will never need to doubt that you love them. Of course, you don't have to wait until it is your

loved one's birthday to send them a letter – anytime is a good time to tell them how you feel about them.

2. Sit down and talk about your day. When we can we sit down at the table to eat our evening meal and take it in turns to talk about what we did in our day. Even our two-and-a-half-year-old joins in. For a long time, he would talk about who he saw rather than what he did but now he's getting the hang of it.

The other thing we take it in turns to do is name the best and worst things that happened that day. Sometimes so much happens each day that it helps to pause and reflect on what were the highlights and lowlights.

3. Celebrate all your partner's successes with them – from a high five to a glass of champagne. Whatever the scale of the success calls for, make it a joint celebration.

4. Allow yourself to be impressed by your partner and let them know. 'I'm proud of you' is something that I think everyone loves being told by someone they care about.

5. Never underestimate the power of a hug – train your kids to hug you back. My five-year-old son Jack loves hugs. He loves giving them and getting them. Sometimes he will spontaneously hug someone if he feels they are a bit sad, although usually he asks first if they would like 'a Jack hug'.

6. Send them a photo that means a lot to you and tell them why it's important – you could use a Show & Tell Card. It's a new type of greeting card that lets you stick your photo on the front and is blank inside so you can write what you like.

7. Share an experience. It could be a movie, a new CD, magazine article, or a short story. Talk about what you read or saw and why you liked or disliked it. And do it regularly.

8. Compliments. Everyone loves getting them so never pass up the opportunity to give one of these reliable mood boosters. You can give them in person or write them on a small piece of paper and leave them somewhere unexpected for your loved one to find.

9. Dance. It doesn't take long to find a great song you both enjoy, put it on and dance around the living room floor – probably 5 minutes maximum but it is a wonderful way to physically reconnect with each other in between dinner and desert or at the end of a long evening or you could make it an unusual way to start your day.

10. Thoughtful gestures. Doing something unexpected, especially when you're loved one is busy and stressed, is a lovely way to show that you understand what they are going through and that they have your support.

Showing your partner how much you love them need not take a lot of time and you will be rewarded many times over for your effort. Get loving today!

Chapter 3: Seduction Tips

Seduction is the most exciting thing in a relationship. It isn't bad or wrong, it's absolutely necessarily. The power of seduction is a gift.

But not all of us have it, so we have to learn how to seduce the woman we want. Seduction can mean a couple of different things: it is a method that lets men have more success with women on a regular, repeatable basis and also it is a process by which one person leads another to the beginning of a sexual relationship.

Choose very well your target. Maybe it is there a beautiful sexy lady after you look anytime you see her on the street, but you never think that you will have a chance with her. Why don't you try to seduce her, maybe you'll win?

But before you start, you must know that there are a few steps in seducing a woman:

You have to be ready so get over your past rejection, overcome your shyness and clear your mind and think about what about you are going to talk with her

Interrupt her and get her attention next time when you see her; initiate with women, it takes guts to ask her out, ask her phone number

Create a conversational connection with her and show that you are able to understand her, make her sees you as romantic partner; lots of women love this

Considering that you get your first date with her, here are some tips for seduction that might help you:

First of all, train your mind and focus on your goal, and remember that your goal is to get that woman; so, you must know which are the mistakes from the past, and not make them again

Choose the perfect place for effective seduction, a place with a comfortable atmosphere, avoid places too bright lights or too dull ambiance

Eliminate every possible obstacle; convince yourself from the beginning that you can seduce her, even if you never did this before

Be yourself, show that you are well groomed and watch out about the basis hygiene; no women like a man with dirty clothes, or with a smell breath

Relax and smile as often as you can but be controlled; you just have to please her

Eyes contact it is very important when seducing; eyes are capable of showing your deepest emotions but watch out to not stare at her

Let her know that you are interested; women like to make them feel good about themselves

The first impression usually last: show her that you are not interested only for sex

Have the right attitude – fearless and not arrogant, convince her that you are confident in your own skin

Do not shutter or look nervous, a confident person has much more chance of seducing

Have self-confidence, sense of humor and self-control

Show her that you are a gentleman; not many men from our days are; treat her like a princess, respect her for what she is and compliment her

Do not touch her in an offensive way; touch her slightly on her hands and even shoulders and you will see what's next

Tease her; a woman will be attracted to men who tease and challenge her; teasing raises frustration which starts her attraction; if you are wanted by other women, you will command her respect and attraction

Be creative; you may buy her a nice gift and be genuine when you give it to her

Learn to dance; nothing turns on a person more than dancing, as you can get intimate with each other without feeling awkward

Prepare your conversation; indulge a conversation that interests her too; women like intellectual conversations; talking will break the ice and seduction becomes easier since the woman is comfortable; best way to start a conversation is with a genuine compliment

Women are attracted to specific, confident traits in men and your behavior demonstrates them. So, start watching what women actually respond to, not what they say they want.

Chapter 4: Build a Romance Bridge

Ever run into a brick wall, so to speak, with your mate? Can't seem to pass "Go" without collecting 200 fresh wounds?

Well, it's time to build a bridge and tear down that brick wall.

Here are your tools:

ATTITUDE – Get an attitude adjustment first. Lighten up and do a 180-degree about face. Read the Sunday comics, grab an old comic book, turn on the Comedy channel, watch funny videos or DVDs. Get in a better mood and pass it along to your mate. Invite your mate to tune in to comedy with you, too.

FRIENDSHIP – Go back to being friends for starters now that you're in a good mood. Forget the love stuff, if you want. And just focus on being good friends; share compliments, do things for one another, go out and have fun together, enjoy one another's company.

RELAX – Let your hair down. Trust and relax. Be yourself. Don't let old wounds open or fester. Forget the garbage memories and just be in the here and now together.

TIME OUT – If possible, spend extra time together for a while, like during your original courting days. Hire a sitter, order out, eat at fast food places, grab ice cream cones and go for walks in the park. Get to know each other all over again. That's the key. Then you'll remember why you fell for each other in the beginning and history will hopefully repeat itself.

COMMUNICATION – Take it slow and easy. Keep away from subjects that you don't agree upon. And slowly re-learn to communicate with each other all over again. If necessary, and it's not a crime or shame – get help. Seek a trusted friend or adviser, a church clergy member or certified professional counselor. No need to go it alone. Find your weak areas and how to overcome them and plan for future communication difficulties.

GOALS – Gradually develop goals together so you'll have a direction to head. Write them down in a notebook just for the two of you. And over time, develop them, revise them, cross them off your list. The idea is to HAVE goals together and work towards a common goal.

SCRAP BOOK – Create a memory album together. Add photos, clippings, menus and anything that reminds you of the "good times." Then when tough times comes, you'll have something to "hold on to" – your bridge to romance.

So, don't just sit back and sulk. Take short steps to improve your relationships and let life's problems magically pass by while you hold on to your relationship.

Chapter 5: Communication in Romance

Romance. Can it be discussed? It has to be experienced, isn't it? But, let us talk of romance, because we cannot avoid discussion about it.

Let those in love, decide how correct is the below discussion on communication in romance. Romancing is not a science, but an art. When you talk to your beloved, you talk not only with your words, but with your eyes and your body language.

Everything takes part in communication with your sweetheart. How does one talk to one's beloved? Most of the lover's swoon at the sight of their beloved. How do we expect them to talk? But their sweetheart wants to talk and they want to talk. They both want to share everything in each other's life.

They share their dreams, they share their agonies and pains and they share their goals and failures. They share everything, because they are two bodies, but one heart.

Romance has its own flavor, a different flavor. Romance is a different emotion compared to all other emotions. It's much different compared to emotions such as anger etc. They are all negative, but romance is a positive emotion or feeling.

In romance, one ignores every fault of his/her sweetheart and only finds everything good and glorifies it. In love, the afternoon sun is as beautiful as the sunset. Such is the wonder of romance that it changes a person totally.

Coming back to communication, how does one do it in romance? Does one convey love every single day? Does one talk only of love and nothing else. Otherwise it may kill the romantic mood! Does one only dream of good things and avoid every talk of anything negative?

What and how does one communicate while romancing? Yes, it is true that most of the romantic lovers talk only of positive things and avoid everything negative.

It is also true that talk is mostly about love, because they are romancing. Isn't it? It is true that the couples dream of great things and avoid contemplating any negatives.

Romance is different. In romancing there is no place for anything that may kill the mood. Romance means talking of moon, and not the sun. But you can talk of sunsets. Romance does not think about the fate of fallen flowers, but only admires the beauty of flowers smiling on the branch.

Romance is different and it is great. The world already has innumerable problems, and romance is much needed to create a positive atmosphere. Romance is a dream.

Chapter 6: Dating and Relationship Tips

Since Dating and Relationships are such a large, important part of everyday life, this article strives to help clear up myths from facts and present an overview of surrounding issues.

Show Off – If you have a great body you're trying to show off and young physical appearance, yet worry because you still seem to have difficulty finding dates and establishing relationships, here are some pointers. Turn off the "ME" focus.

Others tend to see that as boorish and think you only care about yourself, not others and certainly not them. Instead, turn the focus on outside interests that the other person can relate to, even if it has to be the weather.

For help, tune in to an online news source like CNN or subscribe to a national or other major newspaper or magazine like Newsweek or head to the public library for the latest news briefs.

Online dating might be a good outlet for you, to as it generally offers a place to list all your great physical qualities as well as outside interests and more, presenting a more rounded dating candidate. Then those who are VERY interested in great abs, youthful appeal, etc. will be able to check you out. And those who are interested in the other interests can focus on those, too.

Sit, Don't Take a Stand – Instead of voicing your opinions over issues that you pretty well know, cause heated arguments, don't take a stand. Just sit them out. There's no shame in passing up an argument. For example, if you both call yourselves "Christians," yet one of you firmly has a complete set of rules and regulations about what a "Christian" really is, and doesn't hesitate to voice this, skip over conversations about religion.

If you have to, simply say something along the lines of, "This gets us too heated, so let's pass on if for now and move on to something else." Agree that it's okay to disagree. Because it is!

Traditions – Keep up with some old traditions from each family. Alter some; create new ones. The main thing here is to make positive memories

that you can share and relive over and over, especially during rough spots when you can't remember why you are together. Traditions can be like glue and bind you with a common past.

Sex Vs Love – Sex and love are not the same thing. Learn the difference and don't measure love by your hormones.

Negotiator – Forget "his" and "hers" roles and who "should" do what when...Learn to negotiate. What works one day may not work another when timing is off, kids are on the run and disaster strikes, for instance, when your mother-in-law drops by unexpectedly.

Love and Hate – Love your mate. It is OK to strongly dislike (or "maybe" hate) a behavior, like cracking knuckles or biting nails. But remember to love the person.

Chapter 7: Friendship and Love

Friendship and love. Both are so much related to each other. And both are so dissimilar! What are the differences between friendship and love?

Is platonic friendship possible between persons of opposite sex? Let us try and understand.

What is friendship? Why do we call a person our friend? When do we call someone a very good friend? If we care for a person, if we are always ready to help that person and if we share most of our thoughts with a person, they are our good friends.

We can always count upon our good friends in an emergency. We are always sure that our friend will understand why we acted in a certain way. We need not explain anything to our very good friends. The friendship is so deep and the relationship is so intimate, that most of the things are automatically understood by our friends.

What about love? In a relationship of deep love, all the sharing that we discussed above are taken for granted. But love transcends all this. During love, we are attached with a particular person, while in friendship, one may have many friends.

A loving relationship makes one so much attached to the other, that one gets pained if his/her beloved is hurt! Love also involves a physical element. Friendship does not have that. This is a vital difference. Nature gives us love so that the specie can go forward. Nature does not give us friendship.

Your heart beats will never increase in anticipation of meeting your friend. You will not lie awake at night thinking about your friend. You will not feel totally lost, if you don't meet your friend for a few days.

You will not have dreams in your eyes thinking about your friend. But in love, you will do all this and much more. Indeed, there is no comparison between love and friendship.