

What You Were Not Told about Relationships

What is your best relationship advice?

Well, that depends on what type of relationship you are talking about?

- ♥ Long Term living together relationships are built on the idea that we will live together and wait to see if it works out. Therefore, these relationships are filled with trust anxieties and questions about what will happen in the future.
- ♥ Getting to Know You Relationships requires honesty, vulnerability, problem-solving, and a commitment to stay in the relationship and work through all problems no matter how long it takes.

Every *successful "getting to know you relationship"* is based on a commitment to staying in the relationship, communicating, and problem-solving.

The key to a successful, long-lasting relationship is commitment. The critical component is your ability and willingness to commit to honestly sharing what you feel and think. Accepting where the other person's differences. Then problem-solve, which will create a win-win solution for both of you.

Honest communication requires that you adhere to these five axioms:

- ✓ To listen does not mean I agree.
- ✓ To listen does not mean I approve.
- ✓ To accept does not mean I approve.
- ✓ A difference does not make wrong. It makes interesting!
- ✓ All your fights are going to be about:
 - The need to feel important or significant.
 - The fear of abandonment or rejection.
 - The fear of being powerless (which is the need for control).

If you are starting a new relationship or in a relationship that is not going smoothly, it will be important that the two of you sit down and thoroughly discuss this first page. Discuss what each segment means to you and give examples from your own life. For example, share a fight that you had with someone that was about what you were really fighting about,

"You never have enough time for me." ~~~What I know now is that this fight is really about me wanting to be important to you. And I do not feel important. So would you be willing to look at ways that we could change so that I felt more important to you?"

Here is another area that can be an unseen problem in relationships, sex!

Around the sixth grade, boys start to see boy-girl relationships as looking like sex. With which they have no idea what to do. On the other hand, school girls sees boy-girl relationships as looking like a boy who will treat her like her father. Both the boy and girl look at relationships to get prestige. These kinds of relationships are built on trade-offs.

The girl trades sex for bragging rights, "He is my boyfriend," and a guarantee of a Friday night date. This arrangement initially works well. That is until the boy or the girl wants more or gets bored. This is where all the games start. The girl may want to get out of her parents' home. The boy may wish for more freedom. The girl may "accidentally" get pregnant. The boy may start flirting with other girls and sneaking out to see what else is available.

In all relationships, honesty is the rarest commodity, especially in sex. The boy says, "That was fantastic; how was it for you?" And she responds with, "It was good for me also." Unfortunately, research suggests that most women's first sexual experiences are not that great. And that it will be an average of five years or longer before the woman has her first orgasm.

In contrast, boys start having an orgasm at puberty or before. Research suggests that 99% of all men and boys masturbate (have orgasms), and 1% lie! Here again, it is a problem; boys assume that girls will find it easy to have an orgasm, enjoy sex as much as they do, and start wanting sex.

There are two reasons for this delay in sexual awakening in girls. First, the messages that young girls get as they are growing up.

- ❖ "Sex is dirty, save it for the one you love." Maybe it is not said that directly but what girl has not got the message, "Don't touch yourself down there," "Use a washcloth when you wash down there." Have you ever heard a woman talking about sex in public using the appropriate names of their pubic area? All you seem to hear on radio, TV, or in public when a woman refers to her sexual area, it will always be as "down there."
- ❖ A second reason for delayed sexual awakening and women is their confusion about their sexual part. For example, both men and women often think about the

vagina as the sexual organ. However, the vagina is just one of several parts of this section of a woman's body.

The clitoris is the counterpart to the male's penis as a center of pleasure for the woman. The clitoris is the human female's most sensitive erogenous zone and generally the primary anatomical source of human female sexual pleasure.

When thinking of sex, teenage boys and girls tend to think about the vagina. The boy's goal is to get inside the girl's vagina. Boys tend to assume that the vagina is the girl's sexual organ when it is not.

The vagina's lengths, unstimulated, range from 2.75 inches to about 3¼ inches for

ARE YOU STARTING TO GET UNCOMFORTABLE READING WHAT I HAVE WRITTEN? IF YOU ARE, HOW COMFORTABLE ARE YOU GOING TO BE WHEN YOU BRING UP THESE TOPICS WITH YOUR PROSPECTIVE MATE?

women who have never been pregnant. When a woman is aroused, it increases from 4.25 inches to 4.75 inches. Compare that to the average length of an erect penis **between 5.1 and 5.5 inches** (12.95-13.97 cm), and you will discover another fallacy about male and female

sexuality. "The bigger the penis, the better it is, and the more the woman will receive pleasure!" Unfortunately, a 10-inch penis encountering a 5-inch vagina can be a significant problem for both men and women.

Penises come in three sizes, small, medium, and large. The clitoris also comes in three sizes, small, medium, and large. The clitoris's average length is about **1–1.5 cm (0.5 in)**, about 0.5 cm in diameter.

For a woman to experience an orgasm requires that somehow her clitoris be stimulated! The longer the clitoris, the easier it is to be stimulated. A woman with a small clitoris will almost always need external stimulation to reach orgasm.

Women who find it difficult to have an orgasm often feel that something is wrong with them. Their guilt and shame compound the problem. For women with a small clitoris, your judgments about how hard it is to have an orgasm create all sorts of insecurities. While women with a large clitoris will worry about losing control and becoming a "nymphomaniac." Your body is what your body is. Learn to play it as a musical instrument and enjoy it without judgment.

For both men and women, your judgments of your sexual organ can be a significant problem in your relationship. For men, their judgments about their penis can lead them to a promiscuous lifestyle. These men will brag about how many women they have "got." It is a matter of "proving" their masculinity.

A surgical professor teaching in a hospital tells the following story, because of a man's penis infection, he had to remove almost half of the penis. When the patient and his wife came in six months later, he asked them how their sex life was. They both responded that it was as good or better than ever! The doctor then concluded, "It is not the organ but the organist that makes the difference."

After reading the above information, how comfortable are you with being honest? For example, do you find it difficult to talk honestly with someone you are close to? Or, when you are asked, "What the matter, honey?" Do you respond with, "**Nothing**, I am fine!" Feelings are not good or bad, right or wrong; they just are.

Anger, rage, fury, love, joy, and sexual arousal are all the same. They are part of your emotional makeup. One is not better or worse than the other. Feelings can become problematic depending on how you express them. For example, you can express your anger as a function of your love for the other person. (The opposite of love is not hate or anger; it is indifference.)

In the Bible, Paul writes a letter to the church at Ephesus, and he says to them: "Stop lying one to another. Be angry and do not sin by letting the sunset while you are still angry." Paul gave this as a command, not a suggestion. [The biggest lie they tell in the church is, "I am not angry I am just upset.]"

Without honesty, there can be no problem-solving!

Honesty is just the first step. The next step is listening.

When you have listened and really understand what the person is saying, and you do not agree or see it their way, you can simply say, "That is very interesting. I see it very differently." You do not have to explain how you see it differently; you can stop there. If the other person is interested, they may say, "*Well, how do you see it differently?*" If the person wants to argue with you, you can again say, "I just see it differently." And stop there.

The next step is the problem-solving process. But, of course, you had already started the problem-solving process when you decided to listen (not argue) to what the other person was saying. **(Review the axioms on the first page)**

80% of arguments are solved by just listening!

The purpose of yelling and screaming is because you fear that the person will not listen to you. So, after all the sound and fury is out, you can start making requests for each other. For example: "Would you be willing to ___(make requests in behavioral terms) _____, by___(state time). Example, "Honey, would you be willing to make sure that the lawn is mowed by Saturday at noon?"

There are only three answers that are acceptable:

- Yes, I will.
- No, I will not.
- Yes, I will under these conditions. . . .

In most problem-solving situations, both parties will probably need to make requests. A yes, I will, is as good as a no, I will not! If someone says they will not, will you respect their space? At least you know what their boundaries are.

Once two people have learned to listen to each other and problem solve, then just about any issue that comes up about any subject you will be able to solve without either one of you losing.

Listening and problem-solving skills require practice. And the recognition that extreme emotions are an indication of how strong your love is. Because the opposite of love is not hate or even anger, it is not giving a damn, indifference.

You get angriest most at the people you love the most. You will not invest your strong emotions in people you do not care about. Therefore, do not be afraid of anger, rage, or even fury. The rule is, Feelings Expressed Verbally as Strongly as You Feel Them Will Take Place, Reduce in Intensity, and Are Free to Change.

Listening to someone gives them a chance to calm down, and then they will be more willing to listen to you. If you listen with your mouth closed, you will almost always find that the angry person will run out of "steam" within 15 minutes!

Now, you can reinforce the concept that the opposite of love is indifference by responding with, "Thanks for loving me so much."

The opposite of the Verbal Rule is from Confucius, who said, "To repress a feeling is to give it unlimited power."

Of course, this is not all that I can say about listening and problem-solving, but it is the best starting advice I know about relationships.

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