

A Guide To Creating More Romance in 3 Simple Steps



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How To Make Your Partner Feel More Romanced...

Would you like simple ways to create more romance quickly and easily?

I'm sharing my top techniques for helping your partner(s) feel loved and appreciated!

The bonus? These techniques are surprisingly simple and powerful, and once you start seeing your partner's response, they'll be super easy to remember to do!



I encourage you to go through this guide with your partner. If you are both intentionally focusing on creating more romance, you'll both feel "filled up" faster and find these approaches easier to anchor and incorporate into your life.

It only takes a few minutes a day to create more romance, once you know the secrets... and your partner's particular ways of feeling cared about. You'll be surprised how simple it is to tell your partner how much you love them, and have that *land*, once you know their language.

A lot of people put lots of effort into sharing their love, just to end up depleted and feeling heavy because it's not received. I've included simple translations you can use to help you accomplish this with a fraction of the effort.

I care about this because my parent's loved each other very much, and they didn't know how to talk to each other. My brothers and I got to experience what happens to a family when communication skills are non-existent. I want to make romance less complicated and more straightforward for people so none of us have to repeat the negative patterns we grew up with. I believe everyone can feel loved and nurtured by their relationships, YOU included!

Please join me as I share *3 simple steps* you can take to create more romance now!

xxREiD

P.S. If you want more information like this, sign up for my newsletter at www.ReidAboutSex.com!

Cats vs Dogs

A lot of people think of romance as a guy/girl thing. They think it all depends on gender. Men should do X and women should do Y and everyone's happy. There are popular books on Mars and Venus, and The Game and The Rules.

But just because something is popular doesn't mean it's right... Or current. And times have changed a lot in the past two generations.

The problem with "Men should ____/Women should ____" thinking is that it reinforces a cultural wall between the genders and actually creates a false container that people think they need to live in. It limits our self-expression and makes us feel like we're doing a "bad" job at being a man or a woman when we don't exactly fit the stereotypes prescribed to us. There will always be "stereotypes" that are true *some of the time*, but what is true about humans *all of the time* is that we each have different kinds of preferences and we each respond based on a unique cocktail of past experiences, innate likes and dislikes, and a variety of factors much more diverse than simply "gender."

Categorizing any advice using male/female brings along with it all kinds of cultural baggage, too. When we relate to the person we're in love with as a unique human being rather than centuries of outdated (and sometimes blatantly wrong) ideas of how genders behave, we start connecting at a deeper level. And most people long for deeper connection in their relationships.

The best relationship skills create freedom and self-expression, which means you can like what you like no matter what your genitals look like!

I suggest you think of romance not from a guy/girl perspective, but from the perspective of cats vs. dogs.

Now I know some you're saying, "Dude, you're already going back into this dualism. What's the difference between male/female if you're just re-labeling them cats and dogs?"

Bear with me for a moment.

People do have preferences for how they interact, and how they feel cared about and loved. It isn't about their gender, but how they receive information and how they feel nurtured and cared for. It's more of an orientation, if you will. A *romance*



orientation or a *continuum* that isn't about your gender. And like many orientations, you're free to identify and fall anywhere along the spectrum.

Cats: If you are oriented to romance like a cat, you find romantic anything that proves that the person was thinking about you before you walked into the room. You get all warm and fuzzy over what I'm going to call *forethought*. Someone bringing you home flowers, making dinner reservations, sending a card, all are good examples of forethought.

Dogs: For people oriented around romance like dogs (and I'm a dog by the way), anything that tells us that we're a good dog is romantic. Telling your partner that they did something wonderful, you're proud of them, or they made a good decision, makes them feel loved and opens them up. Affirmation and acknowledgment light us up.



The challenge is that Dogs are not usually thinking about things or people in advance. We're very in the moment, very "now" oriented. So we don't think about the people in our lives until we hear the keys in the door. Once we hear that key and that doorknob turning, we're so excited, we're so happy because you're home! YOU'RE HOME! All we want is for you to tell us that we're a good dog and have you play with

us and feed us. That's all. We're very simple. But of course, for Cats that's not very thoughtful. They're wondering why we weren't thinking of them before they arrived.

The solution is to identify which your partner is more like, a Cat or a Dog when it comes to romance. And let them know you care in the way that resonates for them. There are some easy translations that can make this super easy. I'll share them in just a minute in the examples below.

Of course, like we said, people are on a continuum, and everyone has some Cat and some Dog in them, but focus on their primary orientation. No matter what your orientation is, if you're living with a Cat, do some things for them that prove that you were thinking of them *before* you saw them. If you're living with Dogs in your life, acknowledge them and affirm and tell them they're a *good dog* every once in a while.

Example 1: We've got date night, my partner is a Cat and I am a Dog. I didn't make reservations, not because I wasn't being thoughtful, but because -in Dog terms- what makes me be a good dog is if *I get you the food you want in the moment*. I'm not

thinking in advance of making a reservation because I don't know what you're going to be in the mood for, and I wanted to do a good job.

But for the Cat, there is frustration and a feeling of being uncared for. "Why couldn't you pick up the phone and make a reservation? What's up with that?"

If your partner is a Cat, make the reservations and you'll win lots of points whether you picked the perfect restaurant or not. (And you can always change your mind and go someplace else the night of!)

It sounds cliché, but with Cats, it's the (fore)thought that counts!

Example 2: Dogs are very confused when, in the middle of their workday, their Cat calls and says, "Hi, just thinking about you. How's your day going? I was just calling to tell you that I'm thinking about you." This is a Cat's way of saying that they care, their proof that they were *thinking about you before you walked into the room*.



So Cats, if you want to affirm your partner who is a Dog, you can call them in the middle of the day and say, "I was thinking about you and how awesome you are in our relationship and what a good dog you are." I've actually trained my friends to tell me, "Reid, good dog!" and (even though I know I'm the one who taught them to say it) their affirmations change everything for me. I feel warm and fuzzy for them.

Simple ways to translate for your partner:

When you talk to a Cat, Forethought!

- 1) Say things like, "I was thinking of you earlier today."
- 2) Leave sweet notes around for them to find as proof you were thinking of them earlier (you can write a bunch of them and hide them around the house... this is like catnip for your Cat!). They will purr!
- 3) Bring them a little gift and say you saw it and thought of them. Trust me, it will be well worth the effort!

When your Cat talks to you,

- 1) Anything that indicates forethought means, "I love you."
- 2) If they preplan, preorder, or show they're thinking about you when you're not around, they're saying you're a very good dog and they want to reward you.

- 3) If they call during the day to say hi, that means they were thinking about you (See points 1 and 2 above!).

When you talk to a Dog, Good Dog!

- 1) Remind them they are wonderful, and for bonus points, be specific about what you like about them.
- 2) Tell them that anything kind or loving is because they are so amazing. If you do their laundry, let them know it's because they are great. If you take them to a nice restaurant, tell them how much you appreciate them and you want to do something nice to show them what a good dog they are. Tell them presents are "good dog treats."
- 3) If you reach out to let them know you're thinking of them, (typical Cat behavior), help them translate by saying you called because you appreciate them.

When your Dog talks to you,

- 1) They show their love by being excited to see you! Notice their excitement and let it in.
- 2) If they are attentive, it means they care, even if they didn't make that reservation. They really want to make you happy. Be clear what does that for you and tell them they're a good dog when they come through. (*You CAN teach old dogs new tricks!*)
- 3) If they forget to remind you in "Cat language", ask them specifically for what would feel good, and let them know you'd like reassurance in "your language."

Share this information with your partner(s) and determine if Cat or Dog resonates more with each of you. Then practice this. It's worth the few minutes a day this takes, when both of you feel deeply valued and loved!

Let's do some tapping: (Of course, feel free to change the words to fit your situation).

The Five Love Languages

Understanding the love languages is powerful. Growing up, I didn't know anything about love languages and neither did my parents, so nothing was "handed down" to me. Growing up, based on my parent's relationship and those modeled around me, I was taught that you kind of got what you got/fell in love with whom you fell in love with and hoped for the best. If you were lucky, you made each other happy. If you were unlucky, you stubbornly stuck it out and tried harder to make things work.



Understanding that we're each "speaking" different languages -or dialects- when it comes to showing love and feeling cared for can turn you from unlucky to lucky! Knowing all about love languages can help you translate what your partner is "saying," help you ask more clearly for what you need in a relationship, and deepen the level of connectedness and intimacy in your life.

We started with Cats and Dogs, to determine whether you and your partner most values forethought or appreciation, or some combination of the two. Now we're going to dig a bit deeper and find out what "languages" you and your partner speak. This, combined with what we've already covered will teach your Cat or Dog (as well as yourself!) how to hit "romance homeruns" time after time!

If you've ever wondered why some people make you feel so cared for and why others -people whom you know love you a lot- just leave you kind of feeling bereft, then pay special attention to this next part...

If you're feeling bereft, odds are, it's because they're speaking different languages, have a different dialect, for showing how they care than the dialect you're tuned in to receiving. This is the whole basis for the book, *The Five Love Languages*.

If you want to turbo-charge your romance, go to Gary Chapman's website on the five love languages. (I'm not affiliated with his site, it just rocks):
www.5LoveLanguages.com

Go to his website and take the five love languages quiz (it's free). And have your partners take it, too. Find out which of the love languages really speak to you! You may find that you have 2-3 that are important, are the your default ones that you naturally "lead" with.

To summarize Dr. Chapman's work, people basically show they care and feel cared for in five basic ways or categories:

- Gifts
- Acts of Service
- Words of Affirmation
- Quality Time
- Touch

What you want to do is find out what are the top two or three love languages for your partner. And let your partner know what your top love languages are.

Gifts: Can be big or small, some token of your esteem or a pricey, gift wrapped box.

Acts of Service: Do the dishes? Wash the car? Help with someone's taxes? Any act that you do to help make their life better.

Words of Affirmation: Tell them what you appreciate about them and the things they do for you and the world.

Quality Time: Spending time together. This could be quiet eye gazing, nice dinner without interruption, or sitting side by side while you work.

Touch: Hugs, a warm hand on their shoulder, cuddling, or passionate connection.

Important note: Most people, by default, lead with one or two languages always. These are their default love languages of caring. The top 2 or 3 love languages that you default to for showing that you care may not be the same ones or in the same



order as the top 2 or 3 love languages that leave you feeling loved and cared for.

Example 1: When I'm trying to show that I care for somebody, I usually start with acts of service and then follow up with either touch or words of affirmation. For me, quality time isn't that important. If we're just hanging out, texting on our phones, as long as I'm near you, I'm happy. I'm kind of like a dog that way... as long as I'm near my master, I feel fine. But that's not always quality time for somebody else. They may need focused attention to feel deeply loved.

What's interesting is what makes me feel cared for are not the same two or three. They can be in different orders. Not for everybody, but for some. So what makes me feel cared for is words of affirmation, then touch, then acts of service and then gifts. Quality time and gifts are tied for last. I don't need to see somebody to feel like I'm in their life or important to them. I have good friends of mine I haven't seen in 16 years and I still feel like when I see them, we're best buddies because quality time has nothing to do with how close I feel with somebody.

Example 2: If you and your partner speak different languages, you may be finding a lot of conflict in your relationship because you don't understand your partner's love language. If one partner speaks act of service, she shows her love by washing the dishes and cleaning the car and doing all these things. If her partner is someone who really values touch, they may feel unloved, no matter how many acts of service she does. She may be wearing herself out, feeling depleted, because her expression of love never lands. And the other partner may be frustrated, thinking, "She's always busy doing all that stuff and she's never here touching me. She must not love me!"

Example 3: Or someone who's an act of service person might be really slaving away trying to earn money for the family and feeling like they're really showing they care, they're doing a good job. And if the partner doesn't receive that or recognize what they're doing, they don't ever see that as love, and both people can be unhappy even though they love each other a lot! They are speaking totally different languages.

Figure out the languages that you lead with and that your partner leads and let each other know what your needs are. And you can translate! If you're an acts of service person and your partner's is touch, then you could think of cuddling them as an act of service, or giving them a foot rub as an act of service, and transform their experience of you greatly.



Your Romance Homerun

A Romance Homerun is when you combine someone's Romance Orientation with their Love Languages for Receiving. This can make a loved one feel cared for and seen ten fold! Letting your loved one's know what your Romance Homeruns are gives them the tools to do the same for you. Can you see how that could make your relationships juicier and more nourishing!?

So to put the two parts together, 1) figure out if your partner is a Cat or a Dog, then, 2) figure out how you could drop their two or three top love languages for feeling cared for into ways that communicate Forethought (Cat) or Affirmation (Dog).

Bonus points if you can combine all 5 love languages with either a forethought or into an affirmation.

Here are some examples (of course you can tweak this for your particular partner's favorites):

Gifts:

Cats- order several smaller gifts ahead of time and wrap them. Then give them one at a time to your cat when she least expects it!

Dogs- tell them the gift you got them is a "good dog treat".

Acts of Service:

Cats- Do the dishes when it's his turn, and tell him that you remembered he had a big meeting the next day, and you wanted him to have some down time.

Dogs – Do the dishes and tell her that she's so wonderful you wanted to say thank you.

Words of Affirmation:

Cats- leave little notes saying how much you appreciate them hidden around the house where they'll find them.

Dogs- tell them how wonderful they are in the moment.

Quality Time:

Cats- Tell them ahead of time that you want to spend time with them at their favorite restaurant, and make those reservations!

Dogs- Look them deep in the eyes and be present with them while you tell them details of what a great job they did.

Touch:

Cats- When they come home, have candles, rose petals and soft music playing and tell them you want to give them a nice massage.

Dogs- Cuddle them and rub their back while you tell them how amazing they are.

Homework: Sit down with your loved ones and figure out what you can do to create Romance Homeruns for each other.

A New Kind of Touch

Physical touch and intimacy are important parts of most romantic relationships and connections. When you start using the first two techniques I taught you, Cat vs. Dog and the Five Love Languages, there will be warmth and passion building. Combining the two into Romance Homeruns will certainly set off sparks. And combining and weaving in this new approach to touch into all of it will fan the flames into a roaring fire! (In a very good way!)

In the same way that my parents weren't able to role model great communication skills or know-how on things like love languages and Romance Orientations, it's not surprising how many of us never get a proper education in how to touch, how to talk about the kind of touch we want, or how to listen to each others' bodies. Add on top of that how our society discourages us to speak up and ask for what we want, and you've got a world full of people who don't know how to touch, don't know how to communicate, and can't speak up about any of it! No wonder it's all wonky, weird and awkward!

Here is a simple technique for how to tune into and listen to your partner's body regardless of whether or not they can communicate how they like to be touched... Of course, when you can, use your own communication skills and speak up often so that you're role modeling for your relationships that it's okay for them to speak up, too!

Combine speaking up and clear communication with the following ability I'm about to teach you (and your Romance Homeruns) and watch out! Rwar! ☺

The Wine Glass Analogy: Imagine that you have a wineglass in front of you. Have you ever tried to make a wineglass sing? When you were rubbing your finger tip across the rim of the glass and trying to get it to hum, what *exactly* were you paying attention to? Where were you focusing your attention to see if you were getting *closer* to making it sing or moving *further away*?

Basically, when we're going around the rim of the glass, we're kind of paying attention:

- **Pressure:** when you change how hard are you pressing.
- **Frequency:** the rate at which you go around the rim, or the speed.
- **Friction:** how wet your finger is as it's going around.



If you have a wineglass, go grab one. Try to make the wineglass sing and pay attention again to the pressure, frequency, and friction.

But more important, notice *where you go in your body, in your self-awareness*, to see if you're getting closer to making the wineglass sing or further away. Are you listening? Is there a place in your head -in your brain- where you go? Is all your attention in your fingertip? Are you kind of looking at the glass... are you looking intently or with a soft gaze? Does it feel like an emotion, or an idea or a picture in your mind's eye?

Where are you going in your body, where does your attention go, when you're tracking whether you're *closer* to getting the wine glass to sing or moving *further away*?

From Wine Glass to Your Lover's Body: That “place” you went to make the wine glass sing, that's where I want you to go the next that you're playing with your partner. The next time that you're making out, making love or having sex, imagine you have that wine glass, go *there*, and tune in the same way to your lover. Even for those of you who don't have a relationship or a playmate right now, try to figure out where you go, where's your wineglass place?

This is the best advice I can give you for how to improve your sex life.

This is how you listen to your lover's body.

Many people focus on improving their sex life by learning better techniques... this is how you could use your fingers, this is what to do with your tongue... whatever the techniques de jour happens to be.

I can teach you those skill sets (and they are useful), but far, far more useful is you being able to listen to your partner's body and track if you're getting closer to creating *more pleasure* and maybe orgasm or moving *further away*. Are you moving closer to creating excitement for them or are you creeping closer to killing the mood?



Your ability to listen to your partner's body and hear their energy and response is the best advice I can give you for how to transform your sexual and sensuality skill sets. It doesn't have to just be sex. It can be cuddling or a hug. It can be holding hands. Are you creating more pleasure by snuggling up tighter or should you be more relaxed? Is it time for a gentle kiss and a nuzzle, or does the moment call for tracing your fingertips lightly up their forearms while you nibble on their neck?

Invite your partner to join you in some wineglass place research and development! Take turns trying to listen in to one another's bodies, and give each other feedback... I can think of a LOT worse ways to spend a couple hours! ;)

If you want to increase your sexual self-confidence, learning how to listen to your partner's body is a great tool and can transform everything. It's almost like having a great sense of balance. Without a good sense of balance, it's hard to do any kind of physical activity. Without a good sense of self and where your body is in space, it's hard to be a gymnast, hard to be a golfer, hard to be anything. Your wineglass place is that for sexual and sensual touch. This skill is fundamental to all sensual interaction.

Where's your wineglass place? Is it in your finger? Is it something that you hear, is it visual, is it in your gut? How does your wineglass place occur to you?

Conclusion

I hope you found this guide helpful! If you use even part of these approaches, part of the time, you should see a profound difference in your love life. (And if you use the Cat vs Dog and the 5 Love Languages at work, and with your family, you'll find lots more ease there, too!)

A big part of life is the love we share with others. Romance going poorly can sap our strength, distract us and leave us feeling exhausted. Romance going well can recharge you and leave you waking with a smile on your face. It's worth every bit of time it takes to learn to communicate with your partner in ways that leave you both feeling delighted and revitalized!



I'd love to know what you think about this guide and the approaches I shared. Feel free to join my Facebook group and leave comments and ask questions:
www.facebook.com/groups/relationship10x

The more you practice these skills, the easier they become. The more both of you feel supported and nurtured by your relationship, the more you both get out of it.

Thank you for being someone who invests in their relationship, and who cares about making your world a better place.

Please share this guide with anyone you think could benefit. I'm sending this out in the world as my act of service (my primary love language for giving), because I was thinking of YOU, and because YOU ARE A VERY GOOD DOG!

xxREiD

About Reid



If Dr. Ruth and Jon Stewart had a son, that son would be Reid Mihalko...

Reid is one of the only male sex and relationship experts touring the country today who appeals to audiences of all ages, orientations, and backgrounds.

Reid has appeared on Oprah's *Our America With Lisa Ling* on OWN, the Emmy award-winning talk show *Montel*, Dr. Phil's *The Doctors* on CBS, Bravo's *Miss Advised*, Fox News, VH1's *Scott Baio is 45 and Single*, Showtime's *Penn & Teller's Bulls**t!*, Canada's *The Sex Files* and *SexTV*, in *Newsweek*, *The Washington Post*, *Marie Claire*, *GQ*, *Details*, *People*, *Seventeen* and *The National Enquirer*, on NPR, Sirius' *Maxim Radio*, *Playboy Radio* and *Cosmo Radio*, as well as media across the globe in thirteen countries and at least seven languages.

A sought-after presenter and teacher at colleges, sex-positive stores, and events across North America and Canada, Reid is known for his charisma, integrity, and emphasis on using humor to make people comfortable talking about sex, intimacy, and relationships. His ability to present information in a comedic and knowledgeable manner is unparalleled.

Reid has been a featured speaker, presenter, and keynote at dozens of conferences on relationships and sexuality. The workshops he's designed continue to be taught all over the world and have been attended by over 40,000 people. He has been a writer and producer on a number of films and television projects about sex and relationships, and he appears regularly in the media as an expert on subjects ranging from consent to jealousy to sexual confidence and relationship self-esteem.

The Why... Reid, one of four boys, grew up in New Hampshire with a mother and father who loved one another tremendously, but who—like many of our parents—lacked the skills to communicate their relationship needs and upsets effectively. Reid witnessed what happens to a marriage (and a family) when such skills are lacking.

Passionate about learning how to love like his parents loved, but communicate better, Reid set out to identify and master the intimacy skills his parents lacked. Decades later, Reid is taking his hard-won knowledge and personal experiences and sharing them with the world via his cutting-edge, entertaining, and informative events and workshops designed to teach people the communication skills his parents lacked.

Whether it's a small group of concerned parents, a board room of Hollywood executives, or an auditorium full of cheering students, Reid conveys that sex and intimacy don't have to be scary. He embodies his message: You can create more self-esteem, self-confidence, health, and humor in the bedroom!

Resources and Solutions

Relationship10x.com: 4 free videos on this subject, and my 6-week program to transform your relationship 10x in 10 minutes a day!

www.relationship10x.com

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