

Loving the listening device

Here's a statement bound to get the attention of most red-blooded Aussie males; the most effective foreplay occurs out of the bedroom with both partners fully clothed.

Women say that one of the sexiest things a man can do is to really listen to them. Each minute a bloke takes to listen to her without interruption and to praise her for her strengths is building up credits in the sexual relationship bank account.

Think about it. If you can make a woman feel really valued and loved by giving her time and attention, how will she respond to this? Your demonstration of loving care may lead to her feeling more generous and giving towards her partner, and perhaps demonstrating it in bed.

In looking for ways to show love, think about what is special for them. Buying flowers might be a lovely expressive way to say you care, but doing the vacuuming without being asked is a real demonstration of how much you care.

So just imagine what a winning shot it might be if you did both. Combining romance and practical love in two small gestures can lead to big bonuses in the relationship stakes.

One of the hardest things in a long-term relationship is accepting that you are no longer married to the perfect person with whom you started out.

Just remember that perfect people don't really exist and we all need to learn how to love a partner who isn't perfect.

Master that skill and you will find you have an essentially happy and positive relationship.

Sometimes this means being generous to our partners when we feel upset and angry and would rather go off in a corner and sulk instead of making the first move in sorting out a problem. What we should be realising is that something is stressing our partner and we need to offer support and love, not self-righteous indignation and sulking.

It's what we might call loving despite adversity. Take the teabag approach; show your greatest strength in a relationship when you end up in hot water.

Survival tips

- **Every positive thing you do for your partner builds up goodwill**
- **Having enough goodwill in the relationship bank account will withstand the negative withdrawals caused by arguments and tough times.**
- **Don't let "please", "thanks" hello hugs and goodbye kisses fall by the wayside. They show you care.**