

Romantic Workshop #5: COMMUNICATION DOES IT BEST!

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Communication in a romantic relationship comes in at least three levels of intimacy. There is the everyday communication where you share the day's events with each other. Statements about how one is feeling, what to have for dinner as well as agendas and appointments for tomorrow and the near future are spoken about. These all fall within the "surface communication" category. Another level of communication is emotional; where you share your more intimate thoughts and feelings with your life-partner. The third level is one that few couples employ in their relationship. This level is the one we are going to focus on for this romantic workshop. You may ask: why skip the first two categories? It is because: this site is for couples already in love, and that leads me to conclude that you already have the first two categories pretty much covered. If you feel that this is not entirely true for you then you should first consider looking at the link on this web site entitled "Links to professional help and advice for your romantic relationship".

The fact that you are reading this workshop exercise means that you are in a loving relationship and, either by yourself or together, you yearn for that higher, more fulfilling connection. You both know **it** (the more fulfilling communication connection) is there within your reach. But that ever-elusive nirvana of bliss has a way of thwarting discovery. So now we must ask: why? Why can't he/she speak to me in the way that **I** would find irresistible? Why can't he/she touch and caress me in the way **I** know would drive me wild? Why won't he/she do that special thing that **I secretly** yearn for him/her to do for me?

The one true reason why each of you is not fully satisfied is **fear**. First of all, what that or those things are that will **do it** for you may not even be clear to you. You might suppress even thinking about your **special thing** for fear of the pain of revealing to your partner anything that he/she might consider deviant. When I say the word deviant, I didn't mean to imply anything illegal or outside of your relationship. What I did mean is an activity that you as a couple can talk about and act upon, if only you can **communicate** what that special (to you) activity is. With that said, let's get on with this workshop.

GROUND RULES FOR THIS WORKSHOP

- Agree with each other to follow the rules for this workshop.
- Agree together that you wish to pursue the goal of finding and accomplishing those special and unspoken activities.
- Agree with each other that during the course of this workshop no one will judge, berate, laugh at, or condemn the other for their revelations.
- Say to each other often (and mean it) "I love you and I trust you".
- Say to each other often (and mean it) "You can trust me because I love you".
- Agree with each other to promise to do everything in your power to make your partners' **special things** a reality.
- Agree with each other that no arguments will result from a problem item, and that you are both willing to compromise on conflicts.

ACTIVITIES

1. Spend one entire week going about your normal activities; all the while thinking and **fantasizing** about what you wish to add to your intimate encounters with your life-partner. Think about details that you wish your partner to do. How he/she should talk,

act, touch, caress, and dress for you are examples of what to think about. Each of you should ask yourself “What activities would truly fulfill my love-life”? Do you have a thing for strip poker, or role-playing, or fun romantic games? Do you wish to learn and practice more detailed lovemaking techniques so as to increase your partners’ sexual prowess and pleasure? Try to solidify and make clear in your mind what things are missing in your love-life with the knowledge that (most or all) can really happen at the end of this romantic workshop. Remember the title of this workshop: “Communication Does It Best”.

2. After you have had a week to think about what things you like, make a special “date” with each other on a weekend or on a mutual day off. Go out to dinner or to a movie or whatever other activity that you as a couple like to do. When you return home you can light some candles or enjoy a nice fireplace, and maybe have a glass of wine. You want to be relaxed and comfortable as you anticipate the revelations that you will both give and receive. Go through the ground rules together again so that they are fresh in your mind. Decide together who will go first with their details. If no one volunteers to go first then flip a coin.
3. It is now time to share your most intimate wishes with your loved one. Whoever lost the coin toss can begin by saying “What would really turn me on is _____”. If you have multiple desires, now is the time to reveal all of them. Be as detailed as possible so your partner fully understands your needs. At this point, the listener should vocalize his or her concerns and or questions. You must be honest about anything that may go beyond your willingness to participate. If any part of your partners’ desires is unclear to you, now is the time to ask questions for clarification. Discuss anything that may not work for the listener. You may have to table an item of conflict until a later time. A compromise may be in order, but your goal right now is to get everything on the table. The listener might say “I don’t have a problem with this and that but this one item we will have to discuss”, as an

example. What is truly important is that you (as the listener) can agree to most of what was put forth. Vocalize to your partner which items sounded like an activity that you are enthused about playing out.

4. The listener should now share his or her most intimate wishes. Follow the format listed in item #3 above.
5. So now everything has been revealed. Chances are you are both randy from this discussion and the anticipation of making some of it a reality; so why not go for it? The possible conflicts have been tabled for another time; but who gets one of their wishes first? Flip a coin again. The coin toss winner declares what the activity will be for this evening!
6. Make a date to play out a preferred activity for the coin toss loser.
7. Discuss and compromise on conflicts as soon as possible after consummation of this workshop.
8. If it turns out that one of your preferred activities does not measure up to your expectations, you should share this with your significant other. Agree to give each other the ability to **tweak** what is special to you.

Your level three communication channels are now open for both of you. Congratulations! Keep in mind the workshop ground rules and continue to utilize this new “more fulfilling communication connection”!