

# Get the Love You Want

*5 Keys to Having the Love, Affection and Appreciation  
You Crave from Your Husband*

A Guide

created for you with love by

RelateAble  
*the work of relating well*

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# Get the Love You Want...

It's really quite simple, isn't it? To feel appreciated from time to time. To receive affection, to hold hands, to get a passing touch and kiss on the neck. To have a husband who makes you feel like the most important person in the world. Who expresses his love and shows you every day how much you are treasured.

You don't want much. And it shouldn't be that hard to really feel happy in your marriage. But for some reason, **it's just not coming together.**

## If you've already tried to:

- Give your husband subtle hints about what he could be doing to make you happier, but find that you still end up disappointed and let down
- Convince him to change his behavior as a way to make your marriage better, but find that he's just not meeting your expectations and that you're still unhappy
- Make an effort to do the things you can to be more patient, loving, and understanding, but find that his behavior still sets you off and you're back to square one
- Accept things as they are, but then quickly find yourself back in the mode of complaining and criticizing almost everything he does
- Focus your time and energy on taking care of yourself, but find that you are easily distracted by what he's still not doing

## Then keep reading. This guide is for you.

In the points below I'm going to share what you need to know in order to **get the love, affection and appreciation you crave from your husband.**

*But you have to be ready for this.* It's going to require an **open mind** and a **true belief** that *it will work.* And you can't stay committed to doing the things you've always done that have *not* worked.

In order to get the love you want you must do 5 very specific things. Once you are able to master each one of these principles you will see the husband you've been trying to create. The one who adores you and makes you feel like the most important person in the world. The one who considers your needs and makes it a priority to show his love and affection. As a result, you will be a happier wife, and have a more loving and fulfilling relationship with your husband. If you're ready, then let's get started...

*To the love you want,*



Dr. Chavonne Perotte  
Founder of RelateAble

## Key # 1: Focus on the Good

Whatever you focus on grows. Literally. If ultimately you desire to have a husband who is loving, affectionate and appreciative, you need to set your mind on seeing that in him. Up until now, you have been focused on what he's not doing, the ways he lets you down, or the ways he makes you unhappy. As a result, you see and experience more of that in your day to day interactions. He could be doing 9 things right and 1 thing that upsets you, and you laser in on that 1 thing, totally discounting the 9 other things you want him to be doing!

It's very common to naturally focus on the negative. Our minds are hardwired to look for what's wrong. In fact, negative experiences are more quickly stored in our long-term memory than positive ones. This means that in order to focus on the good, you've got an uphill battle. Research has shown it takes 5 positive interactions to overcome just 1 negative interaction. So you have to be intentional in looking for the good. You have to be consistent, and develop it as a habit that feels like second nature.

Focusing on the good means that you consciously search for what is going right in your marriage, what it is that your husband is doing well. This is important because it helps you to see a more balanced picture of what's happening. By creating balance, you open yourself up more to the experiences you *want* to have. When your mind is clouded by only negative, it creates a block, where you don't even see the possibility of things being a different way. And as a result, you act and behave in ways that don't allow for your situation to be different, because in your own mind, they *can't* be different. But when you do see the positives, when you can notice them without resistance and extreme effort, you come to expect that your husband can actually meet your needs, and you in turn will respond in ways that align with that expectation.

## Key #2: Accept Him

Every person wants unconditional love and acceptance.

Your husband is no different. Sure he may have this tough exterior, but inside he is a sensitive, and vulnerable person who is just as afraid of being hurt and disappointed as you are. He needs to feel that you accept him and that you are not trying to change him. And while he definitely has his faults, he doesn't need you pointing them out to him every chance you get.

Accepting him is important because it releases some of the stress for you. When you constantly focus on what you want to be different you get frustrated and feel like you are banging your head up against the wall. You see one thing, but you really want another. And that only leaves you feeling more disappointed. You carry that with you all the time and it sort of just sits there under the surface. And he can sense that, even when you don't think you are giving off that vibe.

When a man feels unaccepted or less than, he puts up a wall to try to protect himself. You know how big that male ego is!! He'll seek validation from somewhere else, which only

creates more distance between the two of you. If you really want to receive his love and affection, stop focusing on how to change him and learn how to truly accept and affirm who he is right now.

## Key #3: Understand the Role You Play

In any relationship what's happening is a function of the two partners. Your husband reacts to your attitude and behaviors just the same as you react to his. So often we are looking at what he is doing or not doing, that we fail to see how we contribute to the situation. This in no way means you are all at fault! It just means that the results you see in your marriage are a function of the two of you. And if one person changes, all the dynamics of the relationship change as well.

Most women have a really hard time doing this because it takes an ability to step outside of yourself. That's something you're never taught to do properly. But once you can do it and make it a habit, you will be amazed at how differently you see certain situations. You'll no longer feel like he's just pointing the finger at you. But you will be empowered to re-create your interactions and as a result, have a different type of husband. He'll be more at ease and feel like he can finally open up to you and share honestly the thoughts that are on his mind.

We're often taught that it takes two to make a relationship work. And on some level that's true – both people have to want to be there. But when couples are no longer connecting, don't enjoying being together, and have lost the passionate love they once felt, just *one person can turn things around*. And it starts with shifting your perspective and being able to see how your own thoughts, attitudes and behaviors in part, contribute to what's taking place.

## Key #4: Speak to His Heart

There is a certain way you can talk to your husband that will really touch him and get him to express his feelings and show his love for you.

First, it requires complete vulnerability on your part. Up until now, you've probably been trying to reason with him and get him to understand how you feel. You've talked and talked, and have poured your heart out from every angle you can imagine. You've wanted him to see things your way, to adopt your same perspective on the issues you are having, to find important the same things you believe are important. But it just doesn't work that way.

Part of the reason you've not seen any noticeable difference is because underneath your suggestions, requests and eventual demands, is an underlying thought that he is wrong and you are right. That the way he is being, thinking or acting, is not the way it should be. You have an image and picture in your mind that drives and motivates you, that looks very different from the image and picture in his mind. You've been trying to convince him

to draw the picture how you see it, and he just can't get there with the way you are currently trying to communicate with him.

Deep down your husband does love you and wants you to be happy, but a few things need to happen first before you can speak to his heart in a way that reaches him and compels him to respond. He needs to know that you are not blaming him, and even though things could be better, that you still approve of him. You need to be able to let go of the need to be right and prove your point, and trade it in for the need to connect and create situations that are mutually beneficial. If he doesn't see the point, other than to fulfil your needs, then it's not going to resonate. But when he sees the bigger picture, when he is clear about the positive intent and what it means for your marriage and how he'll also benefit, his ears and mind become more open. Your needs become his needs, and your desires become his desires. You are both really *for* each other instead of competing for who's needs and preferences are more important.

## Key #5: Model What You Want

So, I'm sure you have a picture in your mind of how you want your husband to be. How you want him to shower you with compliments and tell you how beautiful you are to him. To hold your hand, pull you close to him and give you little kisses for no reason at all (not just when he wants sex). You want him to really listen to you, to be your support system and to cheer you up when you are feeling down.

**I firmly believe in the principle you get what you give.** If you are wanting more from your husband you have got to be willing to give more. Not in return, but *in advance*. So many women make the mistake of waiting for him to show more love and affection before they are willing to open up themselves. They wait for him to make the move before they do what they *know* should be done. There's so much resistance that comes along when you let your ego and pride take first place in your marriage. You're not willing to put forth the effort, because your gestures may not be reciprocated. He may still not respond the way you want, and that's a risk you are not willing to make.

Unfortunately, most people don't see how this way of thinking creates more of the very things you don't want. When you hold back, you almost ensure that there is less love, less affection, less appreciation, and all the other things you actually want. This way of thinking, that you'll wait until he moves, keeps you stuck and focused in on what's lacking. It reinforces the fact that your husband is not measuring up for you. It also creates the model for what's now acceptable in your relationship. It sets the stage for if he's not doing it, then you're not doing it. And guess what? No one does it.

A shift in this mindset, going from it takes two to it takes **ME FIRST**, is critical to ultimately receiving and experiencing the love you want. And the way to do this is to dismantle some of the ways of thinking that keep you holding on to this belief. If you really realized how much power *you* have in how you experience your marriage you would be shocked. Waiting for him to do something is the quickest way to keep being disappointed. So instead of being let down when he doesn't do it, you step up to the plate and *show him* what a wonderful spouse really looks like. By doing so, you create more of what you want. And soon, he'll fall right in line because you've raised the bar for what's acceptable and the new norm in your marriage.

*So there you have it....*

5 Keys to Getting the Love You Want. I know my suggestions are easier said than done. I also know that when you can truly put these things in place, it makes a difference. Perhaps you've even tried some of these suggestions and find that you are still not seeing the changes you want. And that could be because you've been missing an important piece of the puzzle.

There is something else so important, that it's the foundation for really being able to apply this information with ease into your daily life. There's something that makes all of this a so much more effective and long-lasting. Something that can eliminate the resistance you may be feeling and actually motivate and inspire you to put forth the effort and to keep trying when it seems like change is slow in coming. And that something can be summarized by this statement:

**The shift you want to see in your marriage, first starts with shift in your mind.**

It starts with your mindset. You've got to develop a specific marriage mindset that will transform the way you see your husband and in turn, the way he sees and responds to you. You've got to get inside your own mind to understand the ways you unknowingly create the very things that you don't want. You've got to uncover the hidden thoughts that literally drive your attitude and actions and create a wedge between you and your husband.

If you found yourself knowing what I've shared is true on some level, but also feeling like "I don't want to do any of that" and asking "but when do we get to the part about changing him?" then for 100% sure, there's a new perspective to learn that can dramatically help you to improve your situation.

There is a new way of thinking about, seeing, and understanding things that is literally the key to the breakthrough you've been looking for.

Our thoughts and beliefs are incredibly powerful. They guide the way we talk and behave, they direct our responses and reactions, they impact the way we feel and experience the situations in our lives.

And once you have unlocked the things that have always been getting in your way, you open the door to a marriage by design that you absolutely love. There is a path to get there, and I'd be honored to lead and guide you.

If you are truly interested in getting the love you want, I've developed a process to remove the roadblocks preventing you from experiencing the best of what your marriage can offer you. The "happily-ever after" you dreamed of on your wedding day, the marriage that's full of love and joy you pictured for yourself can be your reality. You just need someone to help you find the way using proven techniques and tools.

I invite you to learn more about my signature coaching program, **Getting to Happily**, where I'll coach you, step-by-step to creating more love and happiness in your marriage. To apply for a complimentary consultation, and to explore if working together might be the right next step for you, please visit: [www.BeRelateAble.com/gthsignature](http://www.BeRelateAble.com/gthsignature)