

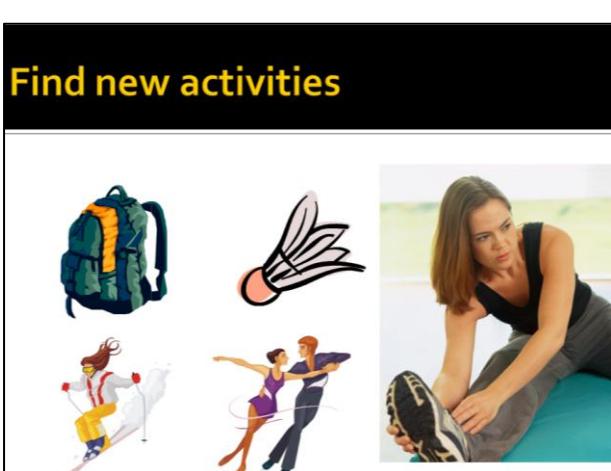
# How to move the relationship to the next level.

Kim wants to move her **relationship up to the next level**. Kim and Dalton have been friends for a very long time. In fact they virtually know everything about each other. They share frustrations, fears and even some of their fantasies, but they are just friends. However, Kim has been having some fantasies of her own that she doesn't know how to tell Dalton. She doesn't want to be friends any more; she wants something more satisfying and meaningful with Dalton. She wants a relationship.

Shirley has a slightly different dilemma. She too wants to move the relationship up to the next level. She is actually in a relationship. A relationship that seems to be stuck in romantic first gear. She has been dating Daniel for what feels like ages and he hasn't popped the question yet. Now she is 30 and thinks that it's make or break time. How does she go about indicating she needs a more committed relationship (marriage), without scaring him off?

**To get your relationship on to the next level use what some people call the rubber band effect.**

1. Demonstrate that you can meet the emotional needs of the person
2. Then pull away



How do you go about demonstrating that you can meet a person's emotional needs?

- The first thing you need to realize is that people love you because of how you make them feel about themselves.
- The first place to start is to complement or praise them for something that you like and admire about them.
- You can also make them feel important by asking them to help you in an area they are competent in. Remember also to show tons of appreciation or gratitude.

- Show interest in their life, career, hopes, dreams and aspiration. Let them know that you are confident that you can and will achieve these. In other words believe in them even when they doubt themselves.
- Get involved in activities, projects and recreation with this person. As you share common joys, frustrations you will both bond.
- He or she will begin to realize that you are different and can be a very valuable asset to their life.
- At this point when they are very comfortable, happy and satisfied to have you as an integral part of their existence, you need to pull away.

Interesting both Kim and Shirley have achieved all of the above. They now need to pull back, so their partners can feel the need to **move the relationship on**. How to do actually do this?

1. Stop calling the person as often. If you have been the one who have been always calling first then stop doing that and wait for them to call, even if it means sitting on your fingers.
2. Find new friends, hobbies and recreation to occupy your time.
3. Begin to do something physical like going to the gym, biking or some sports. This will not only make you healthier but will also make you feel much better about yourself psychologically. This is a very attractive feature.
4. If the person calls let them know that you have to go out and tell them you will be available next week (mention a day and approximate time).

This may appear to be manipulation however what Kim and Shirley don't realize is that their friendship maybe meeting the needs of companionship, intimacy and respect that the other person needs. The other person has no need to move the relationship up the next level.

The old saying is quite true, "why buy the cow when you can get the milk free?"

If you are bold enough you can employ the direct approach, like Sharma. She worked with Rob for 5 years and they became quite a team and best of friends. She knew there was some spark between them but

Rob never verbalized any interest or desire. So one day she simply told



"Rob I am going to stop spending all this time with you. People actually think we are dating, so no one else will ask me out. I would love to be in a wonderful relationship with someone like you, but I can't wait forever. I just can't keep on being your buddy as someone to hang out with"

Guess what within a week Rob asked her to be his girlfriend and they were married in 6 months time.

It may not always turn out romantically perfect like this; however you need to create some standards. Guess what many people will respond to the standards you set up.

**If you are serious about moving your relationship up to the next level contact Hilton immediately 07903317426 or [info@hiltonsamuel.com](mailto:info@hiltonsamuel.com)**