

**MAKE UP,**

***DON'T*** .....  
..... 2nd Edition .....

**BREAK UP**

## RESTORING THE MAGIC

“Perhaps love Is the process of my leading you gently Pack to yourself.”

—ANTOINE DE SAINT-EXUPÉRY

Making up after breaking up is very powerful because it reenacts the honeymoon of your courtship. The feel-good hormones and adrenaline are flowing freely and you are in a perfect place to make a conscious decision to stay in love—no matter what.

**Enjoy your second honeymoon and use it to build your confidence in the future of the relationship.** Don't allow it to make you complacent or go back into the negative form of magical thinking. The second honeymoon won't last long because the hormones will subside again, just as they did after the first honeymoon. **Use Smart Heart Skills and Dialogue, including fair fighting, to replace the feelings of safety the hormones created.** It's especially important to use attachment skills (touching each other's face, gazing into each other's eyes, stroking each other's hair, and so forth). Announce your connections, disconnections, and reconnections, and prepare each other for the moves you're going to make.

Paul Pearsall, PhD and author of *Making Miracles*, says, **“Ritual is one of the best means of maintaining connection. ... Rituals make and reaffirm memories that can energize, protect and heal us.”** Smart Heart Skills and Dialogue will help you to make stronger connections and provide you with a structure to create your own meaningful rituals—whether that means gazing into each other's eyes and saying “I love you” each time you disconnect, or setting aside a special day each week just to have fun together and love each other.

## Restore the Sizzle

Restoring the sizzle is one of the best parts of making up, but it's also one of the biggest challenges. **You have to be proactive and patient at the same time.** Learn to get pleasure out of watching your partner have a good time. *When you both put each other first, everyone wins.*

This part of making up—or rekindling romance in any relationship—is **all about tricking yourself into thinking you are in the Euphoria Stage of love again.** Remember that you are each other's "attachment figures" now, meaning that you will want to rely on your partner as much as you did on your parents when you were a child—and even more if you didn't feel you could rely on your parents! *Because each of you will want to be "nurtured" first, couples have a tendency to hold out and wait for their partner to make the first move.* Don't wait. The more you can nurture and be nurtured, the more you can trust each other, and the more the flames of passion will soar!

Many women, including my patient Linda, have a difficult time warming up to sex when they reunite after a break-up. But once these women reframe their way of thinking by understanding that sex is a form of *connection and nurturing*, they are more willing to "act as if" and give it try. Making love is one of the best ways to nurture and connect with each other.

When Linda and Jerry reunited after their temporary break-up, Linda worried that she didn't feel attracted to Jerry anymore or see him as sexy. I said, "Because you're looking at the flaws and all the negatives. You can only be attracted to Jerry if you don't feel threatened. You have to feel safe."

Making up after a break-up, as Linda and Jerry did, is like delicate surgery. You have to follow the steps and ground rules to get it right. Meanwhile, this intricate heart surgery is being done *without anesthesia* while you're wide awake. It can be frightening and it can hurt, but it's temporary. If you need surgery to save your life, you're willing to go through the pain of the operation and the recovery process. **Be willing to do the same for your love, because without love, life can be meaningless.**

Linda and Jerry had to use more attachment skills with each other and be present with each other's feelings. *When you don't have the hormones working for you, you have to create the image to turn your mind on.* Go out and dance cheek to cheek together like you did when you were falling in love the first time. You have to see each other with new faces to restore the sizzle and explore

each other as new people. I told Linda, “Take a step back and pretend Jerry is not your husband. Try to get him again. Give yourself a challenge to get the hormones going.”

Meanwhile, Jerry had to tell Linda he was afraid to be rejected and **announce it when he wanted more physical closeness**. Linda was avoiding closeness because Jerry was “patronizing, critical, and overbearing.” She felt intimidated by his put-downs, so she clammed up and held on to her resentments. Jerry had a pattern of trying to brush his behavior under the rug by apologizing. Linda stood her ground, “**‘I’m sorry’ doesn’t cut it. I don’t want words, I want action.**”

Jerry and Linda both had to stretch more. They needed to do the opposite of what their old hurt feelings were telling them to do. She had to open up more, and he had to make her feel safe so she could. I told Jerry and Linda they can’t wait for things to “happen,” **they have to make them happen**. This isn’t a game of chance. *You* are in control of the outcome.

*Use action* to get what you want instead of shutting down or shutting off your partner. Unless you change, you stay in a vicious cycle. Changing takes trust in yourself and in your partner, but it’s worth it, because otherwise the relationship will end and you will go through the same cycle with your next partner. Should we all say it together? **Getting rid of the person doesn’t get rid of the problem.**

### **Restoring Sizzle: 12 Creative Ways to Please Your Lover**

1. **Simplify Your Life.** Let go of the things that are weighing you down so you can devote more energy to your relationship.
2. **Take a Trip Back in Time to Childhood.** Watch each other’s home movies, or share childhood photo albums and scrapbooks. Even if you’ve done this before, you’ll be surprised how much insight this will give you into each other.
3. **Be Adventurous.** Try something that neither of you have ever done before. Challenge yourself and channel your adrenaline rush into your romance.
4. **Let Music Soothe Your Souls.** Go to a concert, symphony, jazz club, or musical together. Music has wonderful healing powers and allows

you to get back in sync with each other. (Paul Pearsall says, “Music makes the heart sing.”)

5. **Schedule “No Complaints or Abruptness” Days.** Label two bowls (your name on one and your partner’s on the other). Each time one of you complains, cops an attitude, or uses a “tone,” you have to put a dollar in your partner’s bowl.
6. **Make Something Together.** Focusing your energy to create something positive together brings you closer.
7. **Plant a Seedling.** Plant a tree seedling and watch it grow as you nurture it. This is a great way to remind both of you to nourish your love. When the seedling is big enough, transplant it outside. It will become a friend and remain a wonderful reminder of your relationship.
8. **Learn Something Together.** Take music lessons or attend a course or lecture on a topic you’re both interested in.
9. **Play Fantasy Fridays.** Take turns planning “fantasy evenings.” Every other week, one of you gets to pick your fantasy and the other one plays along. Your fantasy Friday could be as innocent as going to a hockey game together. On the other hand, it could be a more risqué fantasy. One of my patients’ fantasies was to be “picked up” by her mate. They arrived at a night club separately and he had to win her over to bring her home. They both loved this one!
10. **Schedule a Day of Silence.** Spend an entire day with your partner, without speaking. If there’s something you must say, write a note. Distancers often realize at the end of the day that they missed talking and hearing the Pursuer talk. Pursuers realize they don’t have to talk so much to get their point across and learn to read their partner’s actions, so they don’t have to rely so much on his or her words.
11. **Trip the Light Fantastic.** Go dancing. Holding each other cheek-to-cheek warms your heart and stirs your passion.
12. **Go Out of Your Way.** Go out of your way to do something thoughtful for your partner. It can be as simple as making an extra stop on your way home from work to pick up the dry cleaning, or as elaborate as planning a special date that you know your mate will love.



## SMART HEART DIALOGUE IS YOUR RELATIONSHIP MAINTENANCE WARRANTY

Smart Heart Dialogue smoothes the road so you can restore the magic in your relationship. Think of it as your “Maintenance Warranty.” Loving each other doesn’t mean saying whatever you want without considering how it will affect your partner. Practice thinking about your words before you say them, and cushioning them just as you would if you were talking to a customer or a client. You can be honest and kind at the same time, and you must.

*Set limits if your partner punishes you.* Say “enough,” and “help me move to forgiveness.” You have to make a conscious decision to move toward forgiveness, even if you’re not ready.

*Look for your partner’s “script” and your own.* Everyone has a different script—meaning varying opinions, thoughts, needs, and desires. Get to know your partner’s script and know your own. Part of *your* script is the script you have *of your partner*; how you see or perceive him or her and what you expect based on previous behavior or things he or she has said. (Countless fights start because you expect your partner to respond by your script, and he doesn’t have a clue what it is!)

*Use the dialogue process for forgiveness.* Reframe your partner’s negative statement in a positive way and send it back to him or her. Thank your partner for the gift of insight, instead of taking it as criticism and feeling hurt. This will help you to both grow and feel closer.

*Keep the negatives to yourself.* Negativity can create a heavy, dark feeling in your relationship; it’s like a storm cloud hanging overhead that could burst at any time. Each time you have a negative thought or start to be critical, replace it with a positive thought or say something complimentary to reverse the flow of feelings.

*Shower each other with compliments.* Twice a day for thirty seconds, tell your partner all the positive things, big and small, that you admire and like about him or her. Be lavish—but sincere—with your praise and intimate in the details.

### Taking the Relationship’s Temperature

During the make-up stage, take the relationship’s temperature frequently so you can stay in touch with whatever is happening. You do this by looking at

how much fun and play you have together and “checking in” with yourself to see if your needs and your partner’s are being met.

To take the relationship’s temperature, ask:

- Are you being loved the way you want to be loved?
- Are you loving your partner the way he or she wants to be loved?
- Are you using coaching as a gift to help you shift gears and reach the next stage of love?
- Are you acknowledging your partner every day? (Jeff starts and ends each day by telling me something he loves about me. He instinctively felt it in his heart to do this because he wants to make sure I always know how much he loves me and appreciates me.)
- Are you spending enough time together? Time means: quiet time sitting and not talking, and picking out things you both enjoy or want to learn and doing them together. This keeps new and novel energy flowing through your relationship. Fights often break out when you’re *not* spending enough time together.
- Are you helping each other to reconnect?
- Are you fighting fair?
- Are you disconnecting in the morning and reconnecting at night in a loving manner?
- Are you sharing meals together (without the television on) and talking?
- Are you going to bed at the same time so you can share, cuddle, or make love before you go to sleep? (Even if one of you needs to get back up to do paperwork or complete something, spend some time together in bed first.)
- How much are you talking and communicating? (It should be at least ten to twenty minutes each day. However, one study says couples talk only ten minutes a week!)

When your relationship thermometer doesn’t read “hot enough,” you know you have some work to do. *Don’t feel sorry for yourself or get discouraged at this point, get to work!* Remember that couples who make up after a break-up, like my parents and 98 percent of the couples I counsel, stay together and

reap the blissful years of real and lasting love together. These relationships are stronger, safer, more exciting, and more fulfilling than those that have not stretched the rubber band and grown from their troubles.

### Jump-Starts as Preventive Medicine

One of the most invigorating ways to keep your love alive and your passion burning is to rev up your relationship with a jump-start. Just like jump-starting a car can bring it back to life, jump-starting your relationship will give it new energy and power, and it may prevent unnecessary break-ups.

Couples who play together, stay together. One of the reasons so many couples have affairs, split up, and divorce is that they forget the importance of playing together and having fun. Jump-start your relationship by trying new things together, changing your routine, leaving the work at the office, the troubles on the doorstep, and your heart in each other's hands. The couples who call me because their relationships have stalled out admit they don't fight fairly and they don't make time to have fun together. **Relationships stall out either because they have too much connection or not enough.**

When you don't have the courage to jump-start your relationship, you stay stuck in the same place, spinning your wheels and digging yourself deeper into the same rut. *Relationship stalemate is often mistaken as an end, when it's really just a chance to catch your breath*, assess your relationship, and decide which action steps and skills to use to get things moving again. A stalemate may be the end of a chess game, but in relationships it can be the doorway to greater respect, commitment, romance, and love.

You jump-start your relationship and your romance by being proactive and nurturing it with Smart Heart Skills and Dialogue. Jump-starts are action steps, taken in love, to create new energy and novel experiences for you and your partner. **Jump-starting a relationship, just like jump-starting a car, is about connecting, disconnecting, and reconnecting—and timing is everything.** If you jump-start your relationship before it stalls out, you may never have to break up to make up. Jump-starts are excellent preventive medicine.

My favorite jump-starts are those romantic “Kodak moments” that my husband Jeff and I both love. Waking up to watch the sun rise over the mountains, a rowboat ride by the light of the moon, dancing cheek to cheek,



and candlelight kisses rank high on our list. But there's also Fantasy Fridays (use your imagination), Partner Appreciation Night, and the adult version of Simon Says to name a few more sensual ones.

**Begin by seeing your partner with a “new face.”** Pretend that every time you see your partner, it's the first time. It will keep your mind open and allow you to notice the subtle changes that are taking place. It will also help you to be more present so you can tune into him again, the way you did when you first met.

It's also important to apply the positive side of “magical thinking.” This is the feeling or intuition inside you that “knows” everything will work out. It was this type of magical thinking that helped me to keep my heart open to Jeff after he went out with another woman, just after I moved

in with him. *I could feel a thread between us—a beam of love that was still connecting our hearts.*

Once you've committed yourselves to jump-starting your relationship, you must also agree to some important ground rules.

### **Jump-Start Ground Rules**

One of the reasons couples experience so many problems is because they've never taken the **time to set ground rules for their relationship**. This is where the negative side of magical thinking comes in that says, “relationships develop naturally.”

Let's look at this myth. Imagine you just started a new company. You and your business partner are excited and have high hopes for the success of your venture. Rather than setting ground rules for how your business will operate, you decide your company should develop naturally and with no networking. *You toast to Abracadabra* and before you know it you're singing the blues. No business would make it with that type of foundation, and yet love is somehow supposed to prosper under those same conditions. *Relationships stop before they start* because they're so often built on shaky foundations. *Put the ground rules in place. Practice them, and I guarantee you will see results within a week!*

### **Twenty Ground Rules for Smart Heart Jump-Starts**

1. *Make a conscious decision, emotionally and physically, to fall in love all over again.* The more you “act as if” you are in love, the more you will “feel”

like you are in love again. Your heart will eventually thaw and melt and your love will be stronger than ever before.

2. *Treat your partner like you did at the beginning of your relationship.* Make a list of all the things you enjoyed doing together when your love was still a seedling. Also list some new fantasies to fulfill! Now, make them your top priority by planning them and doing them. No excuses are allowed.
3. *Use Smart Heart Dialogue to validate your partner and create safety.* Help your partner to feel more secure so he or she can feel safe enough to open up to you and express their thoughts as well as their love without being attacked or shamed.
4. *Don't make unilateral decisions.* You're a team. Check in and make decisions together and be willing to compromise.
5. *Be present.* When you're with your partner, really be with him or her. Train your mind to stay in the moment.
6. *Pay attention to your physical appearance.* Take the time to stay in shape and go out of your way to look good for your partner, even when you're at home. It's not shallow for your partner to be turned off or distant if you gain weight. Remember you were "Imagos" when you were thinner. That's who he's still in love with. **The concept of "Take me and love me as I am," is not realistic and it doesn't work.**
7. *Put your relationship first.* Plain and simple. Let nothing and no one come before each other or between the two of you.
8. *Increase your compatibility.* Couples who are having difficulties focus on all the things that are "different" about them, whereas new couples look for similarities and think their differences are cute. Build compatibility by taking turns planning activities to do together. If you don't like the choice your partner makes, you're not allowed to complain.
9. *Use the weather to stay together.* When you are choosing vacation destinations, go south! Sixty-two percent of men feel more amorous in hot climates. Sunlight stimulates the hormones, which is why I suggest the Caribbean for your first holiday together. Of course, cuddling by the fire with the snow coming down outside can be incredibly romantic too!

10. *Replace blame and criticism with solutions, attachment skills, and tenderness.* Problem-solve together while you hold hands. Hug, sit close together, cuddle, look into each other's eyes, compliment each other, touch each other's face and hair. At least once a day, share a thirty-second kiss, a bonding tip Katie Couric shared with me and viewers during a three-day segment on "Staying in Love" that I did on the *Today* show.
11. *When your partner makes you angry, see him or her as a wounded child.* Be grateful for the second chance you both have to heal childhood wounds.
12. *Don't relax, coast, or bow to your moods.* Make time for each other every day. Eat together, share your thoughts, and discuss the day's events. Remember that having a bad day doesn't give you the right to dump on or lash out at your mate. What happens outside the bedroom, ends up inside the bedroom!
13. *Make sex a top priority.* Create the mood. Plan a sexy date at least weekly with your partner and enjoy it. Sexual healing, safety, and excitement takes a while to get back and it won't happen naturally. *Trick yourself into the feelings* even if you feel frozen, and your heart can catch up. It can take six months to a year or so to relax and heat up the passion again. Couples like Beth and Don—who broke up to make up—have a better, more passionate sex life than they ever had before.
14. *Connect when your partner disconnects.* **This ground rule can make or break a relationship.** When your partner disconnects, don't take it personally or allow it to hurt your feelings. That will make you go distant, too. Instead, give him or her some time and then reconnect with love.
15. *Help each other heal old heartaches.* Coach, support, and be emotionally available to each other so you can both become stronger and more complete by healing your wounds together.
16. *Fight fair and by appointment only.* There are very few things in life that can't wait. Love is one of them, but arguments are not. When you have an issue with your partner, schedule a time-limited appointment with permission and keep your issues and surrounding emotions confined in this arena. It's easier for you both to relax and feel safe during dinners and dates out when you know that nothing heavy or negative is going to spoil the serenity or the fun!

17. *Check in—don't check out (especially after announcing connections, disconnections, and reconnections).* If you do check out—emotionally or physically—announce it and check back in as soon as possible (announce that, too). Remember that the ultimate check-out is divorce. Check in and stay in love.
18. *Prepare for check-outs.* Everyone checks out from time to time, so expect it and prepare for it. Give your partner time and distance to avoid fusion. We need to know we can have some time alone when we need it without being punished or made to feel guilty. If you don't give each other enough time and space, you will end up pricking like the porcupines and risk an emotional or physical divorce.
19. *Fact-find; don't mind-read or assume.* Fact-finding is one of the first Smart Heart Skills you learned, and it remains one of the most important things you can do. Even if you've known each other fifty years and you think you "know" or can "assume," you can't.
20. *Remember that touch is magic.* Touch daily, use pet names, giggle, wrestle, and allow your playfulness and love to come out. Touch reverses the hormones of physiological discomfort for men.

In addition to following the ground rules for jump-starts, ask yourselves these Smart Heart questions every day:

- What can I do to show and tell my partner I love him or her today?
- What can I do to make my partner happy today?
- How can I love my partner the way he or she wants and needs to be loved?

Relationship expert John Gottman's research backs up what I see work with my own patients. "Men who express admiration and fondness for their wives stay married," said Gottman. "When a man is willing to do this, he has freed himself from the childhood chains that bound him."

The reason marriages fail today is that people quit too soon. Connection, commitment, and compromise are the keys. When your relationship needs a jump-start to restore the magic, do it, and have fun with it!