



UNBREAKABLE LOVE - UNBREAKABLE LOVE - UNBREAKABLE LOVE

Bringing Sexy Back

INTRODUCTION



We all have dreams of a relationship that is loving, passionate, and fulfilling.

When you find someone to love in this life, the feeling is simply incredible. The similarities and differences you find in each other create an attraction that is nearly magnetic and can form a powerful beginning to a relationship.

I remember when I first laid eyes on my future husband. I was a teenager, still in high school, and Rick was a first year apprentice plumber working in the small country town where we both lived.

A couple of years later, he invited me to a party, which started our relationship.

The sparks began to fly, and we quickly fell in love.

Even in those early days, we both knew that we would one day be married and build a life together. We dated for six years, and sure enough, we were married on the 20th of February, 1988.

We were madly in love, and I was sure that could never change. But, as the years went by, and now with a growing family, financial pressures and heavy work responsibilities, our attention became divided between love and life. Our intimacy decreased, and our conflict grew — we started to feel stuck in our relationship.

INTRODUCTION

It's so easy to forget the person you first fell in love with and begin to focus on the frustrating parts of each other.

At the beginning of a relationship, we expect it will always be like a Hollywood RomCom. With no effort at all, we expect love to grow and rose petals to fall from the sky.

Studies tell us that couples experience a 'honeymoon period', which boosts the intimacy and affection they feel toward each other. The Honeymoon usually lasts for approximately two years. This is an amazing start, but if you don't continue to work on the relationship and prioritize it above the other pressing needs of life, the romance begins to fade. Love becomes routine—the sexy fades.

It's a story that is all too common for many couples.

We want what we had at the beginning to continue forever. A fading, sputtering romance is not the way it was meant to be.



The good news is this: We can help you restore and refocus your relationship and bring the sexy back where it belongs.

EVERY COUPLE HAS A DESIRE FOR:

- ✓ Affection and intimacy
- ✓ Passionate sex
- ✓ Better communication
- ✓ Fun & adventure
- ✓ Less conflict
- ✓ Dreams to share

IS IT TIME FOR YOUR RELATIONSHIP TO CHANGE?

The change that your relationship needs will require you to become more –

- ✓ FOCUSED on your relationship
- ✓ PRESENT when you are with each other
- ✓ INTENTIONAL in your actions

The word intentional means to deliberately, on purpose, and by choice do what you intend to do.

Friends, you have the opportunity to turn back the dial in your relationship and bring sexy back to your relationship.

We're with you all the way.

Rick & Fi

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LET'S GET STARTED

First, set 15-20 minutes aside for each other in a calm environment. Discuss openly and honestly how you feel things are going in your relationship at this very moment.

What is working? What's not? What are the areas that need growth?

Talk about what you hope to get from this course for both you and your partner.

STEP

01

Set time aside to work through every session in a distraction-free environment. Don't rush, work at a pace that suits you both.

STEP

02

Invest time into completing the activities and discussing the questions provided in the BRINGING SEXY BACK eBook.

STEP

03

Listen to the video that accompanies each session and talk about it together.

LET'S GET STARTED

STEP

04

When you have completed each session put your 'sexy idea' into practice to bring the sexy back into your relationship. This is found at the end of each activity.

STEP

05

If you haven't already, buy ['The Marriage Playbook'](#) and become part of our [Unbreakable Lovers Facebook](#) private group.

[DOWNLOAD THE E-BOOK NOW](#)

" To know where you want your relationship to get to, you must first know where it's currently at."

Session 1



GOODBYE
LAZY LOVER



Session 1

session I

GOODBYE *Lazy Lover*

Unbreakable
LOVE



Bianca & Tim sat in the counselling room, wondering how they got there. We used to be so close, she said. Tim always supported me, he was affectionate, and we talked about everything; but as our family grew and I needed him more, our relationship seemed to become distant. Tim admitted that he felt like the demands on him were too much.

As a result, he spent more time at work and turned to his friends to escape and have some fun. Bianca was so hurt that he chose other things over her and their children. She didn't know what to do.

GOOD BYE LAZY LOVER

Have you ever felt like you were second place in your relationship? You may have thought you were the apple of your partner's eye in the early days, but now it feels like your relationship lags behind everyone else's needs.

I'm sure you don't consider yourself lazy, but have you or your partner lost the fire you had at the start and became lazy in love?

It's not hard to do! Couples can unintentionally get caught up in day-to-day busyness and the stress that comes with it, pulling them away from each other.

SIGNPOSTS OF A LAZY LOVER

- ✓ They don't invest much time into the relationship.
- ✓ They regularly get told they don't listen.
- ✓ Affection outside the bedroom is rare.
- ✓ Friends and family are higher on their priority list than their partner.
- ✓ They're often too busy to help with the little things when their partner needs support.
- ✓ Sex is fairly irregular, and on their terms

They may not be happy with the state of their relationship, but they're not sure how to improve it.

We're all guilty of being a lazy lover sometimes.

GOOD BYE LAZY LOVER

You may have gotten busy?

You might be working long hours for all the right reasons?

Your children may leave you with very little energy for anything else?

You may have lost your way?

Your relationship can make a comeback, but remember! Anything worth having requires work.

SO, WHAT DO YOU REALLY WANT?

As a counsellor, it's a question that I ask every couple I see. Unfortunately, statistics tell us that couples have endured six struggling years in the relationship by the time they come to a counselling session. They feel stuck and uncertain about how to get back the sexy spark they had at the beginning of their relationship.

Exploring what you want more of — and less of — in your relationship can help you refocus on what you want so you can begin working toward a positive future.

It's goodbye, Lazy Lover if you want your relationship to be restored!

Knowing what you want to create in your relationship is about unifying two people's vision for a stronger relationship and finding the tools to create that unified future.

activity

one

A SHARED VISION FOR YOUR FUTURE

For a moment, imagine what you would like your ideal relationship to look like. Be as specific as you can in your description.

How would you treat your partner?

How would they treat you?

What would you lose if you settled for where you are now in your relationship?

What is ONE thing you should STOP DOING today to get this ideal relationship?

What is ONE thing you could START DOING to attain what you both desire?

Every great relationship starts with desire.
It's time to find that desire again and put it to work!

**YOU CAN'T GO BACK AND CHANGE THE PAST
BUT YOU CAN START WHERE YOU ARE AND CHANGE THE FUTURE.**

SEXY IDEAS

Remember the day you first met your partner? Look back at your earliest photos and reminisce about the memories you share. Acknowledge the achievements you have made so far and commit to building a stronger relationship for the future.

