



CHAPTER 6- PSYCHOLOGICAL LOVE TRIGGERS

*“Love doesn’t make the world go ‘round.
Love is what makes the ride worthwhile.”*

~ Franklin P. Jones

When we think about “falling in love,” we tend to look at it as a single thing, a single event. We meet someone and it just...well....*happens*.

That’s not actually true, though. Falling in love actually has three distinct phases: Lust, Attraction, and Attachment, with the last phase being the spark that

creates the actual loving feelings we feel toward our partner over the long term.

(You might be somewhat surprised to find that lust is actually what *triggers* the whole process. More on this in a moment...)

It might also surprise you to know how quickly you can make the decision that you “like” someone (as *more* than a friend) and would be interested in pursuing a relationship with them. Psychologists have demonstrated that it can take as little as 90 seconds.

It’s also been demonstrated that “attraction signals” are less about what you say, and more about how you say it. Body language is our primary means of communicating interest, with tone of voice (how you say what you say) being the second biggest element.

The actual words that come out of your mouth are only a small piece of the puzzle, so don’t worry if you’re shy or not sure “what to say.” That’s actually not a very big component at all.

Lust

How many times have you seen a man and said to your friend, “Wow, he’s hot!”

Embedded in that phrase is the desire for sex. You’re expressing a physical sense of attraction for a newly met person. It doesn’t mean you’re a slut, or even that you’d necessarily act on the impulse, but this is the reason why although looks aren’t everything, they do play an important role in relationships. It’s the primary driver that might prompt you to start a conversation with a new person, to see if there’s more to him than just good looks.

Attraction

Here’s where the body language, tone of voice and those first few minutes of conversation come into play. Once you’ve identified someone as “hot” and worked up the courage to strike up a conversation, now you’re down to finding out if you have things in common with the person you’re interested in.

Again, this won't take long. You'll be able to tell pretty quickly if this new person is someone who shares common interests with you, and if there's enough common ground to serve as the foundation of a possible relationship.

Let's face it, lust is wonderful and can make for some thrilling sessions between the sheets, but if that's all there is, it won't be enough to sustain a meaningful, long-term relationship. There has to be more to build on. If a relationship is built simply on lust, then it will last precisely as long as it takes for the next "object of his desire" to show up in his life.

Attachment

A lingering stare. Unspoken promises. Body language. A sense of longing in your heart. Missing someone you just met when they leave. These are all signs of a budding attachment which can, if nurtured and cared for, lead to love—a love that can last a lifetime, if you're willing to work at it.

Just like lust isn't enough to maintain a long-term relationship, simple attraction isn't either. What's

needed is a genuine sense of attraction, and you'll know fairly quickly if it's there. Not only will you feel it when you look into your man's eyes, but you'll feel it especially keenly once the two of you part company for the day, after that first meeting.

If you DO feel something, then the potential is there. All you have to do is nurture that potential and watch it grow!

The Power Of Polarity

Couples who have a strong sense of *polarity* stand a much better chance of staying committed to each other in the long run.

Webster's Dictionary describes polarity as “the tendency to turn, grow, think, etc. in contrary directions, as if because of magnetic repulsion.”

Magnetic repulsion? We know, it doesn't exactly sound like the recipe for everlasting love...but keep reading.

Self-help guru Tony Robbins says that polarity is the

key to sexual attraction and the basis for intimacy. And the way he explains it, it makes perfect sense.

Every one of us exudes either male energy or feminine energy. It's not dependent upon your gender. A woman can have a masculine energy to her, and a heterosexual guy can have a feminine energy. But in order for a couple to feel a strong *sexual connection* to each other, each has to fulfill one of these roles in the relationship.

In other words, they need to be *polarized*. If both people are masculine, or both are feminine, there's not going to be any spark. It's the difference between trying to press two rocks together (which will come apart the moment you let go), and pressing two magnets together.

As a woman, you can be assertive, independent and opinionated. You can be the boss at your workplace. And yet you can still be the feminine partner in your relationship, meaning you require a man who fulfills the masculine role.

Likewise, there are big, strong guys who are confident

and successful in their careers. Yet when they're alone with their girlfriend or wife, they don't play the masculine role. They allow the woman to take the leadership position and make the important decision. During arguments, they'd rather seek compromise than take a stand.

If a feminine woman is with a guy like this, it's a turn-off. Over time, she's going to lose respect for this type of man and grow bored with him.

Feminine women prefer to follow the lead of a *masculine* male. They take comfort in knowing that their man can handle situations and make the important decisions. This is not to say that men should always call the shots and not respect their spouse's opinion. In order for a relationship to work, both people need their voices to be heard and respected. But the feminine woman wants to feel that when it comes down to it, her man is always ready to step up, make decisions and protect her.

It can work equally well when a masculine woman is in relationship with a feminine man. This type of polarity can be just as powerful. By "feminine" we're not saying he has gay tendencies or that he likes to dress a certain

way. It has nothing to do with any of that. It's about the energy he exudes when he's with his woman.

There are strapping, totally heterosexual men whose personalities are more feminine than masculine, just as there are petite, soft-spoken women who have a masculine energy.

I have a friend named Jerome who I got to know at the gym. He's a hulking nightclub bouncer who looks like he could bench-press a bus. Seeing him, the last word you would think of is "feminine." But when he's around his wife Jackie, he defers to her and lets her run the show. He's a pussycat around her, and this arrangement works well for them.

Jackie, a petite dynamo who would barely weigh 100 pounds soaking wet, is the masculine partner and Jerome is the feminine partner. They're been married for eight years and adore each other.

So how do you know whether a man is more masculine than feminine? Tony Robbins explains that masculinity is about taking big things and making them small. Men want two things in their life: peace and

freedom. In order to feel at peace, and therefore free, they tackle problems head-on, resolve them, and put them to bed. They don't want to fret and debate over issues that they consider minor.

Femininity, on the other hand, is about taking small things and making them big. For some women, this can mean turning a minor problem into major drama (screaming about a cockroach in the kitchen, for instance).

But turning “small into big” can also be a wonderful feminine quality. It means you're more sensual and emotionally tuned into the world around you. You have strong emotional reactions to scents, colors, songs—you see beauty in things that masculine people overlook. Feminine women want to feel appreciated, loved and protected. And only a masculine partner can fill this need.

Put a feminine person and as a masculine person together, and there's potential for an attraction to develop. Put two feminine people together, and while they might have lots in common and enjoy each other's company, there aren't going to be sparks.

And if you put two masculine people together, they might become buddies—but in a romantic relationship, they're only going to wind up butting heads. They both want to lead, they both want to make the decisions, and it winds up resulting in constant arguments.

Homosexual or lesbian relationships work the same way. There has to be a masculine partner and a feminine partner in order to create a strong mutual, sexual attraction. There needs to be polarity. Have you ever been on a date with a guy who was good-looking, polite, and fun to be around—a totally “nice guy”—but you felt absolutely no sexual attraction to him? Again, it's about polarity. If you're feminine, chances are this guy failed to project the masculine energy that you instinctually need.

Most women are feminine and desire masculine men. If this is the case with you, then find a masculine partner and encourage that side of him. Make him feel like a protector. Don't nag him, order him around, or belittle him; making him feel like his masculinity is being threatened is a quick way to turn him against you.

And *always* make him feel like a man in the bedroom. I can't stress that point enough. There are occasions that call for tender lovemaking, and there are other times when you should coax out his "inner beast." What's more of a turn-on: a partner who isn't afraid to initiate hot, passionate sex, or a timid guy who's always waiting for you to make the first move? If you're a feminine woman, it's never going to work out long-term with guy #2.

Know what kind of role you need your man to play. And don't get too hung up on the idea of finding someone you're completely "compatible" with, since it's the differences between us—the polarity—that keep sexual attraction alive. It's great to share interests and hobbies, but it's that fundamental push-and-pull between masculine and feminine energy that creates real passion.

"I'll always adore my ex-husband Carl," says Vivica, 26. "My friends all thought I was crazy to divorce him. He was tall, handsome, made good money, and he was a total sweetheart. He adored me and would have done anything for me. I just wasn't passionate about him. It sounds weird, I know...I can't explain it."

But when Vivica described her relationship with Carl to me, her lack of passion for him made perfect sense. *Their marriage lacked polarity.*

Carl could have been the sweetest, most loving guy in the world, but he also constantly put Vivica in the driver's seat. He preferred to let her make all the decisions. Whenever she was going through upsetting situations—whether she'd been passed up for a promotion at her job, or was feuding with a family member—he never had much to say about it. He never took an active role and suggested a course of action for her to take.

Over time, she couldn't help but start to feel that Carl was weak. She craved masculine energy but she was living with a feminine spouse.

Another part of respecting your man's masculinity is allowing him to feel a sense of independence. He should respect you and never keep you in the dark, but don't make him feel that he constantly needs to answer to you. Don't keep him on a "short leash"; if you feel the need to do so, it's a red flag that there are problems in your relationship— or with your own self-esteem—that you need to work out.

This is what causes “nice guys” like Tom, the guy we told you about earlier, to go over the edge and cheat. In a lot of cases it isn’t just a five-minute makeout session with some random girl at a bar—it’s a full-blown affair that lead to a total relationship meltdown. No guy wants to feel like a woman has him under a microscope. If you nag him and belittle him in front of his buddies, you’re going to hurry things down the road to ruin.

When roles become blurred and a man feels his masculinity is under attack, he’ll look for an escape.