

THE ART OF COMPLIMENTING

It might just save your relationship!



you are
amazing

How to consistently offer great compliments

and fire up your relationship

Ready to learn a very simple but effective way to potentially transform your relationship? Yep, I know it sounds a bit over the top, but...

Being able to consistently deliver a range of really genuine, heartfelt, subtle and/or big compliments can potentially move the course of your relationship in a positive direction.

Why?

Because the compliments will be the result of a change in attitude. By complimenting your partner...

1. You're focussing on what works in your relationship and what you like about your partner, *instead of* complaining overtly, or trying to get things your own way. He or she will know *and* experience that change in attitude like an icy-cold drink on a searingly hot day.
2. You'll be fulfilling one of the most essential emotional needs we have as humans - the need for attention.

Your genuine compliments will touch your partner's heart and soul in a meaningful way.

Feeling uncomfortable just with the idea?

Now, there's an art to delivering an effective compliment that *you* feel comfortable with too. None of that over the top, disingenuous, sugar-coated rubbish that'll make you feel like you're selling your soul just to please your partner.

No, thank you! Instead, here you'll learn to master the smooth delivery of *genuine* compliments in just 3 simple steps.

At the same time it's also really important that you refrain from moaning and complaining - if that's something you're guilty of. And let's face it - if you are, you've probably never had much success with that tactic anyway!

So, what can you expect when you start consciously paying compliments?

Your partner may well be suspicious at first, wondering if you're just buttering them up before a request that they'll be unlikely to want to support. He or she may even be uncomfortable and little used to receiving compliments in general, let alone from you.

However, over time, once compliments begin to develop a valuable and trusted place in your relationship, the intimacy between you and your partner is likely to gradually increase.

If I haven't sold you the joys of complimenting your partner just yet, maybe the following will...

Tiny (or big - don't be shy), timely and titillating compliments make for great foreplay too! More on that later.

A note of caution!

Any attempt to use compliments to manipulate your partner into doing what you want will completely ruin what you're trying to achieve. All trust in your attempts at rebuilding or developing the relationship will vanish immediately, and rebuilding this trust can be a very difficult thing to do.

Step-by-step guide

Step 1 - Discover your likes

Do you already know what precisely you like about your partner?

Even if you do, I urge you to expand your repertoire - it certainly won't hurt to look deeper and pay more attention to things you may have overlooked or simply taken for granted.

Look out for the things he or she does each day that you like and make a mental note of them (ideally compliment them at the time), *and* do the exercise further down.

Step 2 - Be specific

Just saying "I love you" is great - if you truly feel it and can say it with passion, but it's not really going to cut it long-term. You need to be *specific* when you compliment.

Step 3 - Deliver!

Learn to deliver the compliments at the right time - when the thought or occasion occurs, or when you notice something you like. It doesn't need to be something really big - the tiniest moments of pleasure make great occasions for delivering a subtle compliment.

6 Tips to help you get it right

1. Over-the-top and too often equals fake
2. Be specific
3. Time it right
4. Expect some unease and suspicion for a while
5. Even a simple stroke over their back or tickle in their neck is a compliment
6. Say "thank you" often - that too is a way of giving your partner some attention and a compliment in its own right

Here are some examples of how you can introduce and deliver your compliments:

- "Just stop what you're doing for one moment, I've got something to say..."
- "I really like the way you..."
- "You look stunning/great in that..."
- "I love you for the way you..."
- "I love you, because of that..."
- "You've expressed that beautifully"
- "Yep, I totally agree with you there"

- "I really like the cut and colour of that dress/that shirt - it so suits your shape/personality - it makes you look sophisticated/sexy/hot"
- "I think you're just such a ... person, because..."
- "Look into my eyes, I just want to say how truly wonderful you are, because..."
- "Come over here for a moment (*take them into your arms and look them in the eye*). You're simply amazing, because..."

The 'because' is the most important part - because it's being specific that gives your compliment value, meaning and depth. (That is - as long as it is indeed genuine... because your partner may ask for the why's and wherefores which could leave you in a sticky situation if you don't really mean what you say!)

Alongside compliments, why not offer a massage, or help with tasks or chores - all of these kinds of things communicate: "I'm here for you, I 'see' you, I acknowledge your contribution to our relationship."

Ready to start complimenting? Read on...

Get ready

Step 1

Fill out the boxes below with your personal *likes*. It's really important that you take the time to do this - it's a one-time investment to get you into the groove.

Stop yourself thinking about what you *don't* like by bringing your attention back to my questions and prompts.

Use [this Thesaurus](#) to find other words to express yourself more positively, if you can't find a great way to express something positively.

Their body

You can mention something *complimentary* about every part of their body.

For example - even if they have the thinnest hair possible, you could mention that you like that one curl or those few strands with just *that* particular colour.

Just in case you need some further inspiration, imagine yourself in someone else's shoes - take a few people out of your own environment. Consider what they would come up with if you were to ask them what they like about your partner.

Here goes...

What *precisely* do you like about their HAIR? E.g. colour, shape, cut, how and where it shines in the light, how it moves in the wind, that bald patch ;-)

What *precisely* do you like about their EYES? E.g. colour, shape, shine

What *precisely* do you like about their LIPS? E.g. colour, shape, shine, thickness of the lips, how they move when they laugh, softness

What *precisely* do you like about their CHEEKS? E.g. cheek bone, colour, softness, dimples

What *precisely* do you like about their NECK? E.g. shape, softness, spot here or there

What do you like about their SHOULDERS? E.g. their curve, softness

What do you like about their LEGS? (I'm letting you do the thinking from here on)

What do you like about their breasts or penis?

What do you like about their bum?

What do you like about their legs and feet?

What do you like about their tummy?

What do you like about the way they carry themselves/walk/sit/move?

Their character

How would you describe them?

Think about reframing. For example: fiery can be reframed as passionate, quiet as steady, slow as careful, hyper as whirlwind.

The way they talk

Their attitude towards life, their family, their friends,

The way they look after/play/teach/laugh with/help the children

The way they care and look after you (remember to look for the positives!)

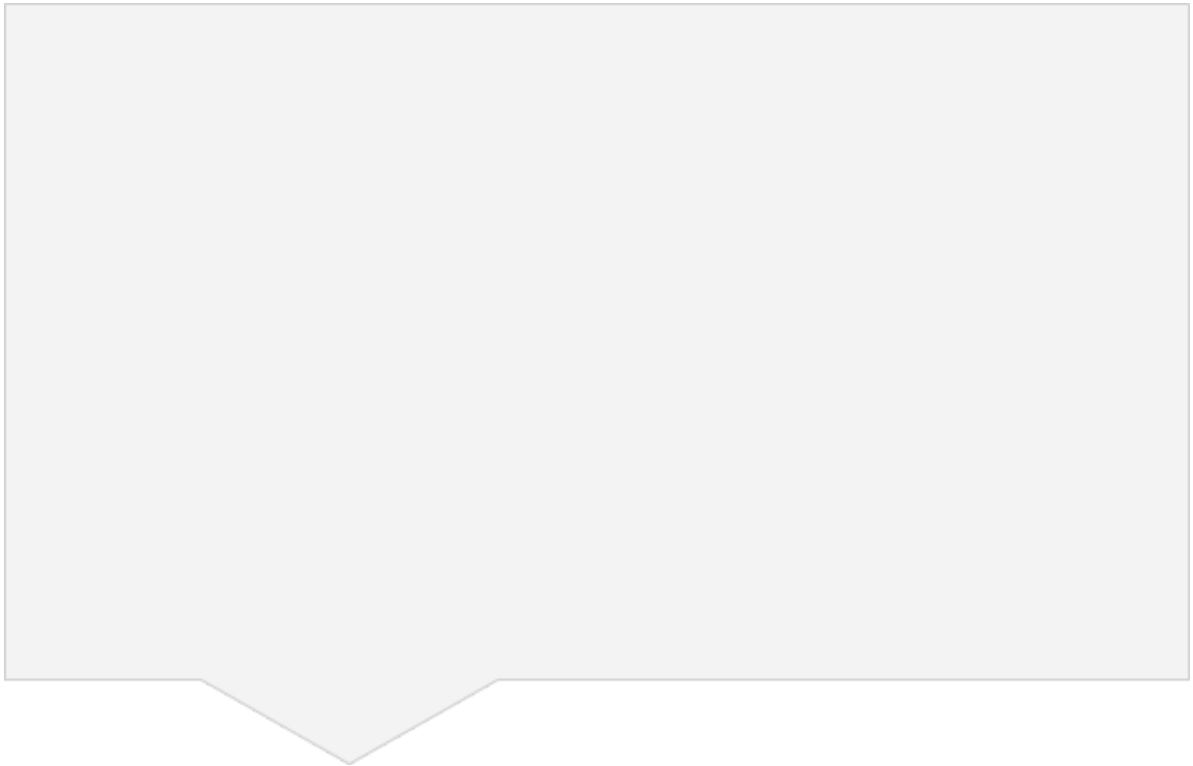
The way they manage their time

The way they are committed

The way they care

The way they dress

Your ideas for opportunities to compliment



About foreplay

As promised! :-)

This is for when you've had some successes with your compliments and all your other positive communication achievements. It is about communication - techniques and other actions are not part of this course, but you can find plenty of related info on my website for any extra help you might need.

Foreplay takes more time than you think

Women particularly often need a little time and foreplay to get into the mood for great sex (although obviously not necessarily only women). But that doesn't just mean some extra 'fiddling' for a few minutes!

That means a 'strategy'!

Yes, I know that sounds boring, but here's what I mean: the strategy is just a slow building up of pleasurable experiences (invariably: attention) throughout the day.

Start in the morning; send some loving text messages during the day, initially not mentioning sex at all (remember: no manipulation!) and without expectation - the effect of your compliments needs time to build.

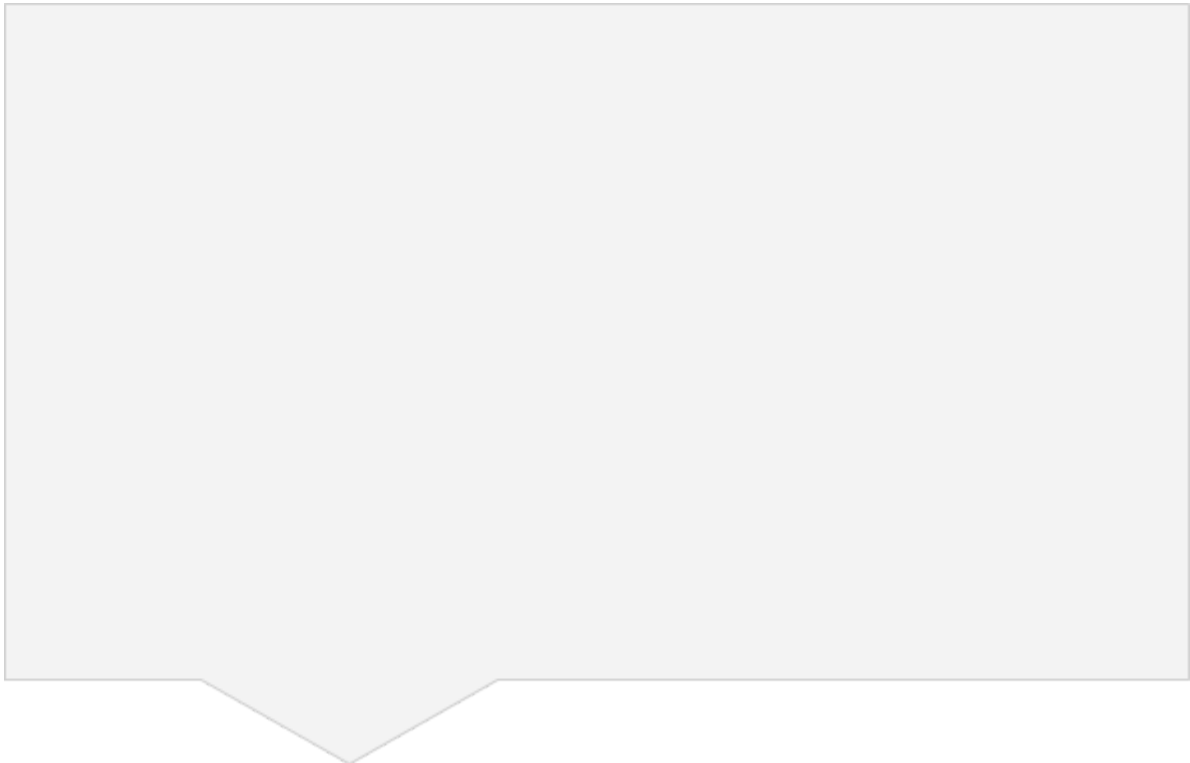
Depending on the response, slowly include some 'warmer' messages. Don't think: "Great response! I'll now go for the kill." Just take your time - 'hot' comes later.

Later, you can hot things up a little and send some clearer messages. And eventually you can go for the invitation, letting him or her know what you have in mind.

Give compliments by way of foreplay to help build expectation slowly, even if it doesn't lead to full sex that same day. Continue to give, without expectation.

Put it all together

Now go back over my examples of how to deliver your compliments and combine them (or use your own words of course) into complete - ready-to-use - sentences.



Finally

Choose to express yourself in the ways that you know your partner is most likely to appreciate.

You may have to adjust your language and your style depending on the responses you get.

This is *not* about your needs... this is about *giving* in the way your *partner* is able to receive.