



EVERBETTER

Couples

Simple Changes to
Repair the Romantic Bond

Written by
Lorran Wild






WELCOME!

I'm Lorrán Wild. I am a renegade romantic and relationship counsellor. Married since 1994, my husband and I have 4 grown children together. Our legendary love story began when we jumped off a bridge together - and our love-life keeps growing more epic!

I am ecstatic that you are
joining this

ROMANTIC REVOLUTION!

My mission is to cure
RoomMate Syndrome
& Romance Deficit Disorder
To RESTORE the power of romance!!
In the spirit of 'Meliora'
EverBetter Life and Love!





Introduction

Definition of Romantic INTIMACY

The feeling or quality of mystery and beauty; remoteness from everyday life. Emotional bonding is implied.

Benefits of INTIMACY

Intimacy inspires healthy and creative relationships. It fosters romantic connections in emotion, soul, and sensuality.

Romance is what makes love and commitment worthwhile.



Saboteurs of Romantic Relationships

Avoidance. Blame. Burnout, Shame.
Competition. Criticism. Control. Crisis.
Demands. Domesticity. Disrespect.
Fighting. Habitual Humdrum,
Interruption. Overwhelm.
Secrets. Trauma. Withholding.



‘EverBETTER’ Ingredients

Appreciation

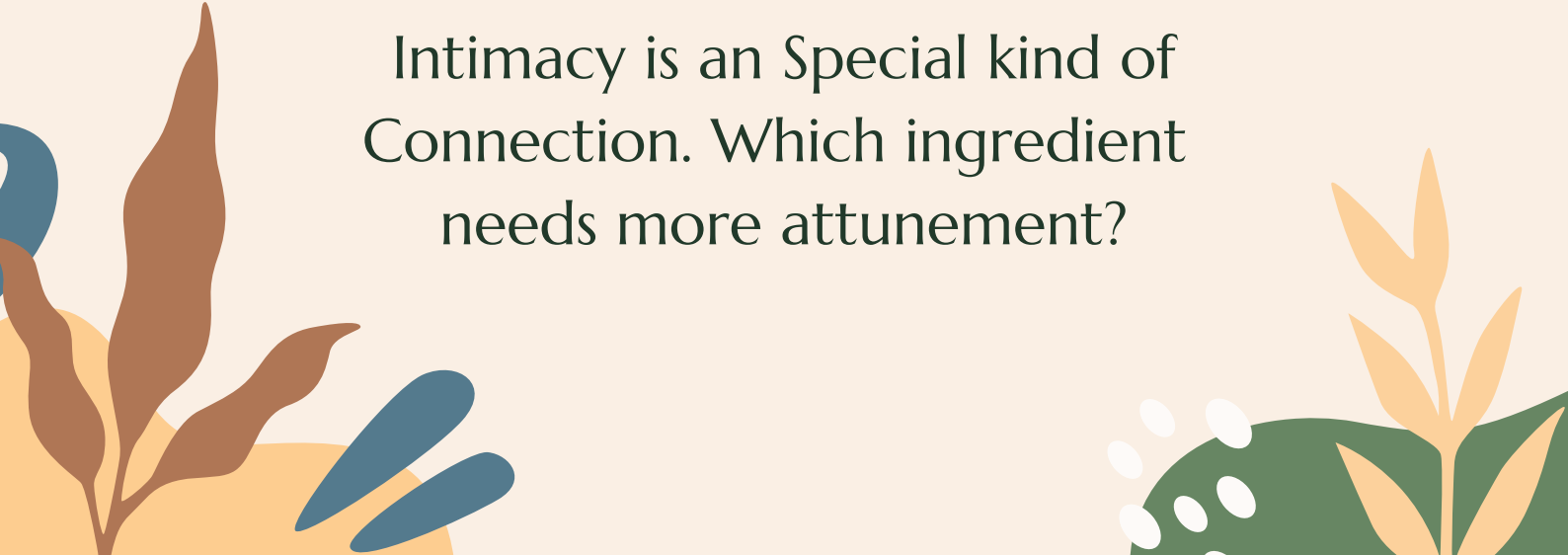
Desire

Curiosity

Trust

Understanding
Biology/Instincts

Respect



Intimacy is an Special kind of
Connection. Which ingredient
needs more attunement?

Appreciation

Definition:

an increase in the value of something

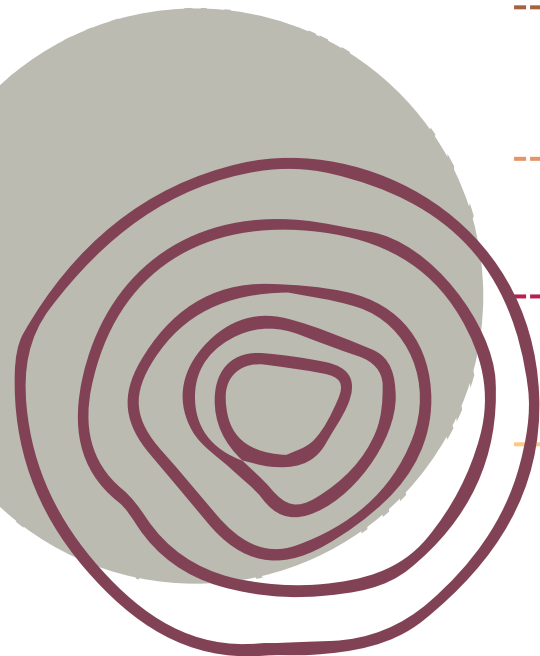
What qualities about your partner matter to you?

How do these qualities contribute to your life?

More Appreciation

What has your partner done lately that you hope will be repeated?

What do these gestures provide for you?





Express your Appreciation!

I love you because...

Thank you for...

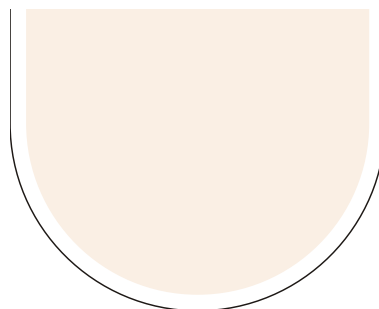
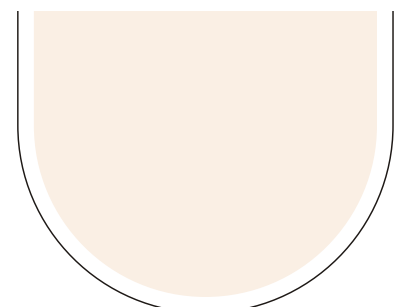
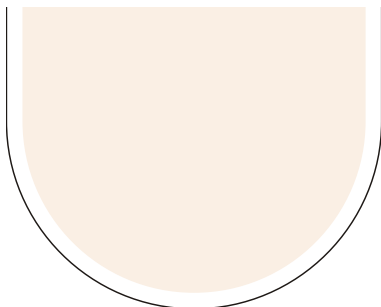
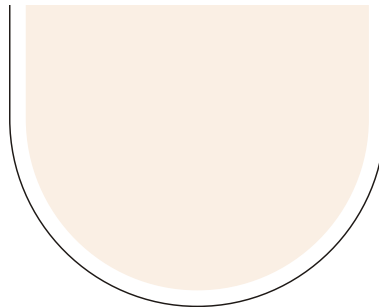
Wow. I so appreciate...



Self-Regulation Strategies

While you sort out how to connect and then communicate, you need to regulate your nervous system. Use this page to collect ideas about how to help yourself deescalate in healthy ways.

Example is provided.

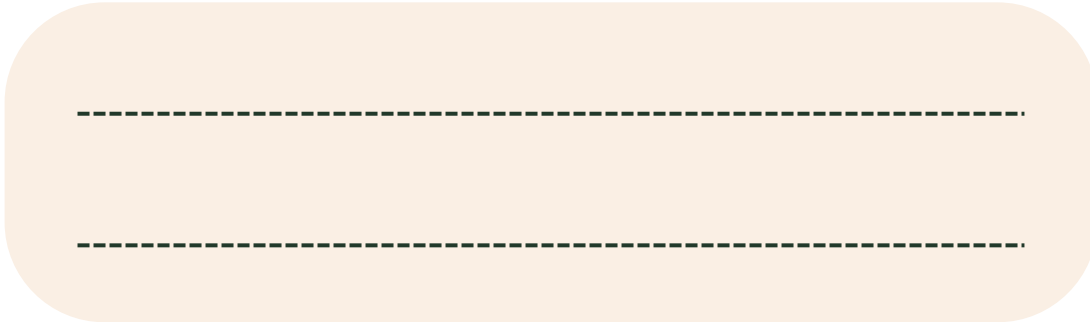




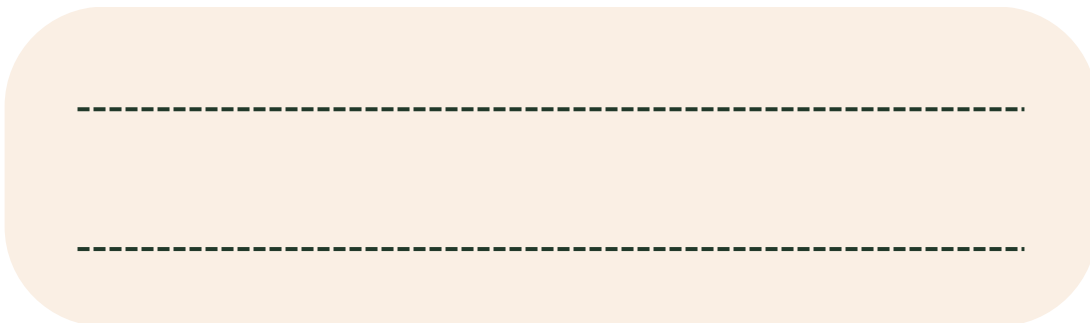
Radical SELF-Care



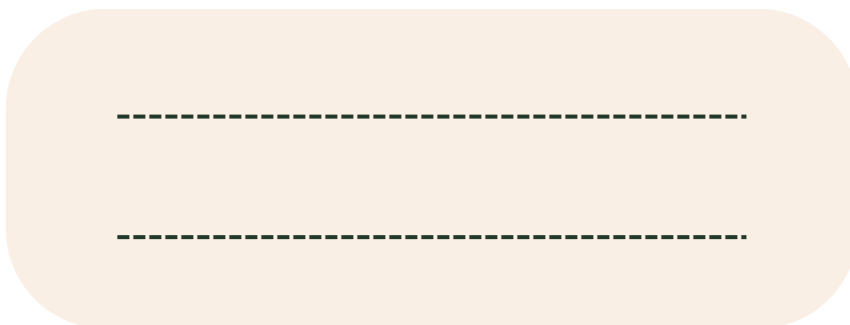
I would love to...(provide for myself)



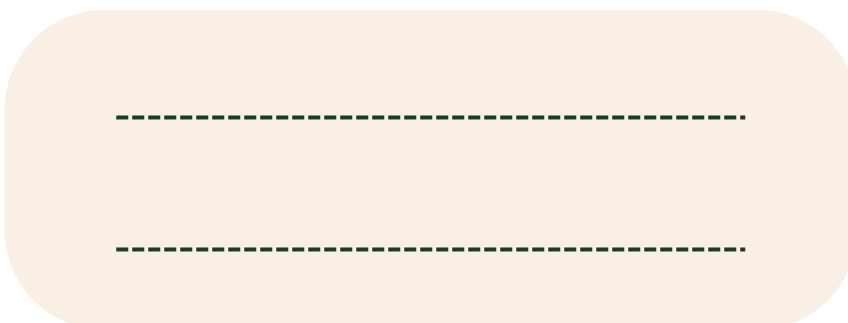
It would help me feel more...



I desire to feel more...



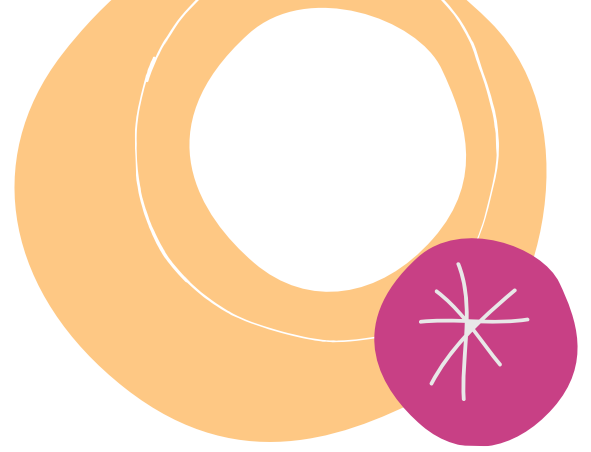
I need to _____ to take care of myself



My Desires today:

Generate a list of
5 things that foster
your joy, happiness,
peace, etc.

Commit to doing
3/day:)

Five horizontal, rounded rectangular boxes for writing, colored red, yellow, green, light green, and orange.

Your joy is magnetic. When your self-care is authentic, you will attract more happiness. Your desire will inspire your partner too!



MAPS₂INTIMACY



A

ATTUNEMENT

Romance attunes to joy, comfort, desire, beauty - goodness. A culture of attunement means you are sharing the authentic emotions and connecting to the non-verbal signals of body language

T

TRUST

To trust someone is to feel safe. To trust yourself is to feel confident that you can recover and repair when conflict arises. Trust is a risk. Trust is brave.

R

RESPECT

To admire the way someone lives - how they think, how they behave. A couple culture of respect means you respect the unique (flexible) boundaries that exist in your intimate relationship.

A

APPRECIATION

Giving appreciation everyday creates a positive regard for each other. It acknowledges what makes togetherness worthwhile. A culture of appreciation is paramount - it grows more of what you love.

C

CURIOSITY

For intimacy to remain romantic, we need to foster curiosity. This means we become playful, interested, open-minded, and humorous. Curiosity helps us flirt. It helps us explore things like sensuality and fun!



Designing a Romantic Culture

Which aspect of intimacy are you inspired to explore more?

Repair disconnection with
OPEN QUESTIONS:

What's the worst stories playing in your mind?

What are you longing for?

What soft parts of you are hiding or ready to run?





Identifying Barriers

What Myths are you busting?

1.

Love is Enough?

2.

We can talk about anything?

3.

Love will keep us together?

4.

Good sex will fix our problems?

5.

...





A Culture of Romance

Focus on what you are longing for!

5 Things that I/we find Romantic



Beginning Practices for Flirtology

Space is provided so you can write what
you need to remember about the exercises
mentioned.

Smiles/Compliments

Playful Invitation

Desire that Inspires



5 Minutes/Day Therapeutic Dance Habits

Space is provided so you can write what you need to inspire yourself to connect to your body and emotions everyday.

Wiggle Jiggle

Touch-Chi

SWAY





Romancing Intimacy

Admiration

Flirting

Foreplay

Sensory Delight

Open Questions

Repair Dialogue
for Slips



Intimacy Habits support
ROMANCE!



In Closing

More...

We discussed romantic wellness in this mini-course, but success in love-commitment also depends on compatibility & domestic intimacy; which is more in-depth.

I hope you will consider joining Maps2Intimacy. The full program happens over 90 days; covering every aspect of the intimate bond within a couple culture. The WAITLIST can be found @MelioraTherapeuticStudio.com

Romance Deficit Disorder?!

This is a non-clinical term that I made up. IF you have significant resistance to romance - you might need more support before you can implement intimacy skills. You're not alone!

Only 3% of people learned enough
to achieve epic romance.

Book an inquiry call:)

