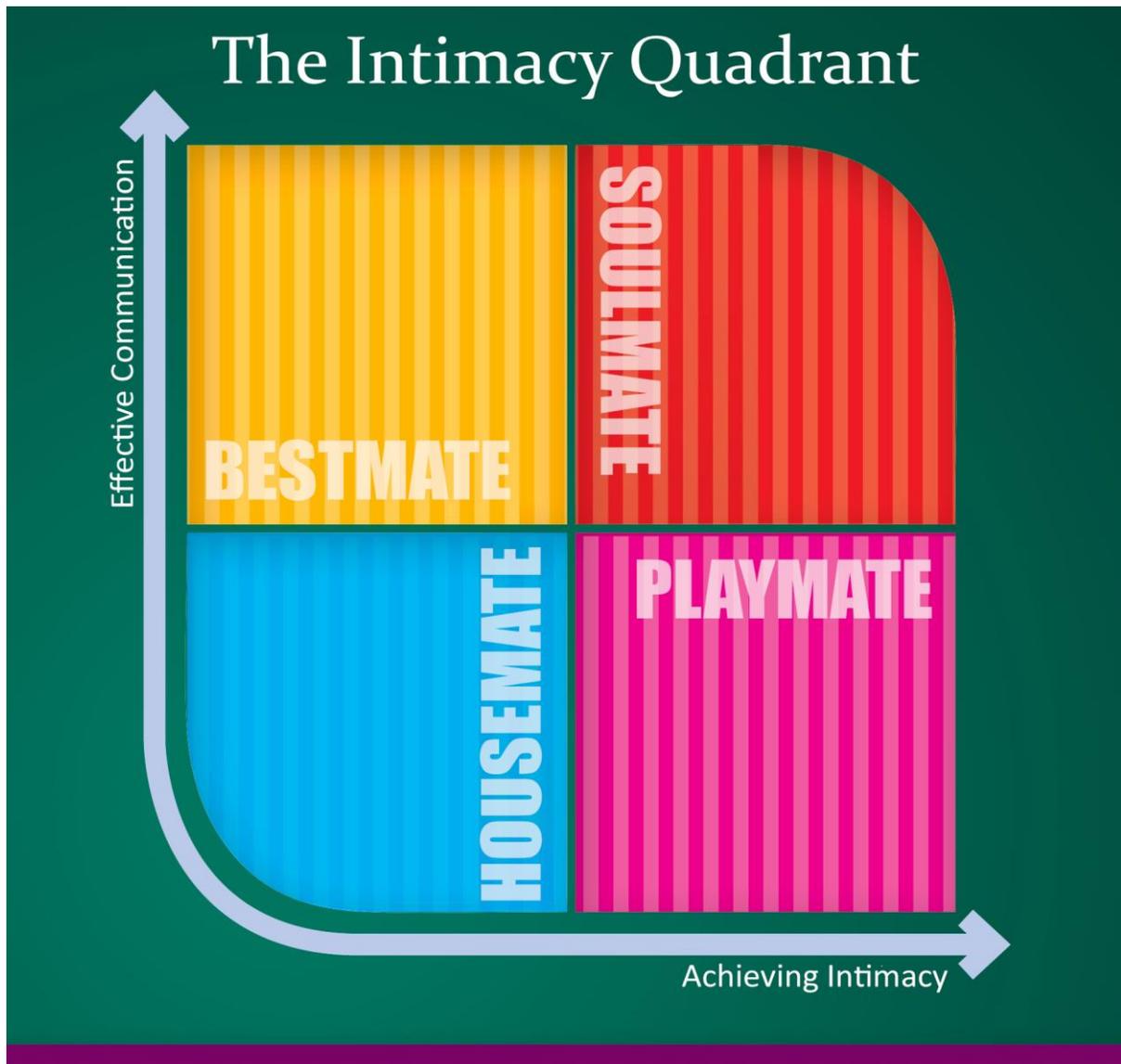


The Intimacy Quadrant Blueprint



Karen Gosling

The Intimacy Quadrant Blueprint

How To Discover Your Relationship
"Mate Type"... And Reconnect With Your
Partner... In Under 30-Minutes A Day

By Karen Gosling

Welcome To the Intimacy Quadrant Blueprint

Hello and Welcome.

I'm Karen Gosling. *I'm the only marriage coach in the world using brain science as well as psychology to get your marriage back on track in less than 30 days... or I'll work with you until you do!*

I help 35-54 year old couples whose marriage is falling apart to have a happy passionate marriage, keep the family together, and learn relationship skills they can use for life.

I created the *Fast Fix Marriage Formula* (FFMF) online program with my husband and business partner, Emotional Intelligence Coach, Dr Mike Gosling. Our diverse and comprehensive background is what sets us apart and provides a solid foundation to help couples fix their marriage. For over 23 years, we have conducted an international coaching practice helping couples around the world have a happy passionate marriage.



Every couple I help is different, yet I have seen a pattern of marriage breakdowns emerge. Every person who was disengaged from their partner and sought relationship help was in that position either because of unresolved hurts, ineffective communication or not giving and receiving love according to their own or their partner's need for love. In this *Intimacy Quadrant Blueprint* I set out the steps I taught them to reengage with their spouse, rekindle their romance, learn effective communication and regain emotional and physical intimacy to achieve their soulmate connection. These steps are the same ones Mike and I use ourselves in our own lives on a daily basis to achieve happiness and connection in our marriage.

I have a genuine passion to help others grow and develop into the partners they want to be. People tell me that I have a vast knowledge and experience, and the resources needed to understand and use emotions wisely – and they want this too, to reengage in their marriage. They asked me to provide an easy way in which they could access my material in order to help them improve themselves and their relationship. So I created the online [Passionate Marriage For Life Facebook community](#) and [Marriagology TV YouTube Channel](#) to share my considerable resources so couples can learn how to enjoy *love and desire* in their marriage once again.

This system is not for everyone. If you are looking for an "overnight fix" for your marriage on the internet (that is promised by so many yet rarely delivered), you will not find it here. However, if you want to create the passion and purpose of a relationship that is built to last, which empowers you to make a difference in your own and your partner's life, then this system is designed for you.

After all, reengaging in a relationship takes courage and discipline to take action – you cannot get results without taking action.

Firstly, let me introduce you to *The Intimacy Quadrant*. You see, after mentoring 2,643 couples from more than 85 nationalities I have discovered there are 4 "Mate Types" in a marriage and each one needs to romance their soulmate in different ways. So I want you to have completed my [Intimacy Quadrant Quiz](#) (it takes less than 60 secs) so that you can determine which "Mate Type" you are in your marriage. In this Blueprint I list how each "Mate Type" needs to take action to begin to reconnect with your spouse so you can see at a glance what you need to do.

As you can see, I'm into taking action! Let's get started!

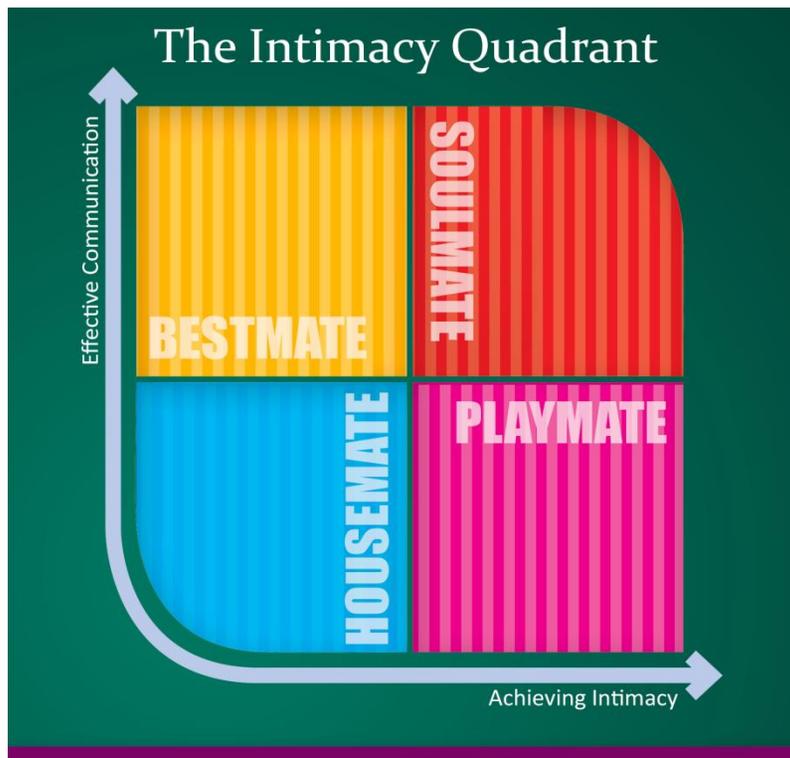
Karen Gosling

<https://karengoslingtraining.com>

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Expert Marriage Coach, Author and Speaker.

The Intimacy Quadrant — The 1st Step On Your Path to A Happy Passionate Marriage.



ONE MINUTE QUIZ: Can you identify which Mate Type you are on The Intimacy Quadrant?



If you haven't done the *Intimacy Quadrant Quiz* yet I recommend you head over now. It will take you less than a minute to complete and will let you know where you fall on the Intimacy Quadrant—i.e., what relationship 'Mate Type' you are.

Here's the link: <https://howtochangehim.com>.

In the next few pages I'll introduce you to the 4 different *Mate Types*.

Sometimes you may identify with more than one Mate Type. That's OK. After all, you may very well be on the cusp of moving from one Mate Type to another. In that case, look at the guidance for both Mate Types and see which strategy fits best with your goals.

I'd love to know what Mate Type you are. You can join the conversation and ask any questions over at our Facebook Group: <https://www.facebook.com/groups/passionatemarriageforlife/>

The Intimacy Quadrant

Mike and I created *The Intimacy Quadrant* with two axes; X and Y. These are the two areas we have found that determine how fast you can reengage in relationships and how fast it's going to be for you to be successful.

The **X or horizontal axis** is about **ACHIEVING INTIMACY** or your ability to experience sensual and sexual intimacy in your relationship.

If you don't have very much physical intimacy it's going to be much slower for you to reach the level of Soulmate, because this is an important part of a connected relationship. You can get there faster if you enjoy physical intimacy.

It's one thing to actually participate in physical intimacy; it's another to have the desire to be involved with your partner on an intimate level. So have you got the desire to be sexually involved with your partner? If not, what do you need to know to get that desire?

We're sure that you can relate to what I'm saying.

That's why the X axis is the first criteria I'm going to be looking at.

The next axis is the **Y or vertical axis**, which indicates your ability to have emotional connection through **EFFECTIVE COMMUNICATION**.

If you don't have good communication it's going to take you longer to reengage emotionally because you may be unable to resolve past or present hurts or discuss each other's feelings. This will have an adverse impact on your partner and your relationship.

So that's why effective communication is so important. How clear are you on the value of great communication to your relationship? What expertise do you already have in this area? What skills or training have you had?

Perhaps you're really not sure how good your communication is or how well you come across to other people (you'll be at the bottom end of the axis). Or perhaps you're really brilliant at communicating and already getting that feedback from other people (you're at the top end of the axis), which means you've already got some effective communication skills.

So these are the two variables that I look at on *The Intimacy Quadrant* – achieving intimacy and effective communication. (I'm sure you're beginning to think now about where you are and where you want to be on the quadrant.)

So let's now have a look at all the different Mate Types.

MATE TYPES IN THE INTIMACY QUADRANT

Housemate



You will know when you have become a Housemate in your relationship. It is when you no longer feel connected to your partner. In fact, you feel indifferent, perhaps even guarded, communicating at a superficial level just to keep the peace or manage the children. As a Housemate, you have grown tired of sex with your partner, often due to resentments that have built up. Those emotional hurts make it more difficult to be vulnerable and to share in sexual intimacy. (It is very hard to make love to your "enemy"!)

So you live together and still talk about THINGS – for example, who is using the car, or picking up the children. But you don't talk about feelings any more, either because you can't be bothered, or you are too tired, or you have learned that it isn't 'safe'. The connection is gone, the "glue" that sticks you together as a connected couple.

Yet you can remember when you were first in love, and talked about everything and anything. And if you weren't together you spent hours on the phone. You would talk about your hopes and dreams, your plans, your love for one another, your disappointments, your failures, even your past relationships. You talked about everything because of the trust you had and the love you shared. That was because you believed your partner wanted to know everything about you. And you felt safe that no matter what you said or did, your partner would love you and not judge you.

But then something changed. You started to get negative or irritable responses. And so you began to shut down and became more cautious about what you said. Or perhaps you were the one that did the nagging or criticising, which resulted in your partner withdrawing from you. And so began the decline in emotional and physical intimacy. Soon you both felt that the relationship was not as deep and connected as it used to be. **Housemates do not share emotional intimacy and do not share sexual intimacy.**

BestMate



If you are a Bestmate, your "other person" is like your best friend. You get on well together, enjoy the friendship, talk readily and easily with one another, and delight in discovering the things you have in common, discussing the things you love to do, sharing movies, meals or music, and laughing a lot. You never run out of things to say, and your Bestmate never judges or criticises you. You value each other and look forward to conversations - but there is no "romance".

When you are a Bestmate there are still some personal things you keep to yourself, and whilst emotional intimacy may be growing (sharing dreams and hopes, disappointments and failures), there is no sensual or sexual intimacy to complicate the relationship. There may be teasing and flirting, warm hugs and expressions of affection. But this is still "safe" as it is common behaviour between great mates at work, sporting and social groups.

Men can be confounded to learn that their wife or girlfriend often feels betrayed by them having a female "best mate" at work or from childhood, even when given reassurance that nothing is "going on". This is because for a woman, her partner having emotional intimacy with another woman is as significant as him having sexual intimacy, and therefore feels like a betrayal. In contrast, women often feel OK about they themselves having a guy friend as a best mate. Men will be uncomfortable about this, as they do not trust the motives of other men! **Bestmates share emotional intimacy but do not share sexual intimacy.**

MATE TYPES IN THE INTIMACY QUADRANT

Playmate



Maybe you are a Playmate— your relationship is driven by sexual desire, and is an opportunity to satisfy your lust for your partner. Do you experience a 'dopamine-rush' each time you see, touch, feel, smell or hear your lover—you want to have him or her totally, sexually, repeatedly? This will occur in the early stages of a relationship, or if a person is having an affair or the relationship is forbidden for any reason (e.g. cultural taboo).

Some people confuse sex and love, and attempt to find the fulfilment of love that they yearn by frequent sex, without regard for the care of and communication with their partner, the other aspects of a connected relationship. Others may be addicted to sex, and initiate sexual activity frequently without regard to the desire for communication or emotional connection that the partner prefers.

Or perhaps you are in a new relationship, and the intensity of your passion feels real and genuine, as you do in fact feel connected to your partner in every way. Yet you have felt this before, this 'spark', this 'urge to merge' with your partner, where sex is easy and exciting. Perhaps you also fear that given time, this wonderful and amazing feeling will pass as the relationship progresses. It always does, and is possibly the reason you have previously moved on to another relationship, because once the 'zing' is gone, you feel that you are no longer in love.

This fabulous feeling when we are first in love is called Limerence, and is a time-limited experience, an artificial state of euphoria created by arousing brain chemicals which are released when we meet someone we are attracted to. Limerence is a wonderful experience but the passionate feelings are not an indication that this is a lasting relationship or even a fulfilling one. **Playmates do not share emotional intimacy but do share sexual intimacy.**

Soulmate



Once a Soulmate, you feel that your search for self—your true identity—is complete. Not only do you have a connection with the one that you really love, you feel safe in the relationship. Safe to be yourself. To love and be loved, each meeting the other's need for love. You feel confident that when you share your thoughts and feelings, your partner will be interested to listen and to respond, without conflict. You are able to speak about the things that worry and concern you, and have your partner acknowledge those feelings and not take things personally, or get defensive. You are able to talk things through and resolve hurts, with respect and with compassion.

You love to do things with your Soulmate, whether it is preparing a meal or visiting extended family, simply because you enjoy each other's company. But equally you feel comfortable doing things on your own, knowing that your partner does not control you nor resent the time you spend with others. There are no resentments that you harbour, no invisible walls between you. Your Soulmate knows everything about you, there are no secrets. You enjoy a mutually satisfying sex life, each of you respectful of the other's desires, preferences and needs for love.

Once a Soulmate you are unconsciously skilled in how to consistently make a better relationship, prepared for happiness and a more meaningful life. Romancing a soulmate brings its own reward—happiness. Being a Soulmate is the highest pinnacle for anyone fully engaged in making a better relationship.

Soulmates enjoy both emotional intimacy and sexual intimacy, and feel complete fulfilment and security in their relationship.

Action Plans To Get Started On A Happy Passionate Marriage

For Each Mate Type on The Intimacy Quadrant



If you identify with being a Housemate, Bestmate, or Playmate, and want to reconnect with your soulmate and enhance your marriage, or even if you are already at the level of a Soulmate and you want to keep it that way, it's time to start talking to your partner.

Read on to learn various ways that you could start a conversation with your partner, depending on what Mate Type you are. These can be found in the Action Plans on the following pages.

TIP: It can be useful to start the conversation when you are out walking together, as

- (1) it is often easier to talk when not sitting and looking at one another, as this can be quite threatening and may result in defensiveness and conflict
- (2) you can be assured of not being interrupted by phone calls, children or unexpected visitors whilst you have the conversation you have waited a long time to have.

It is important to explain to your partner how YOU are feeling, not what your partner is (from your perspective) doing wrong. This is an opportunity to open up a discussion, to move your relationship forward, not a time to get into an argument or blame him/her for emotional hurts.

Housemate



HOUSEMATE ACTION PLAN

Summary: You are living like Housemates, perhaps feeling taken for granted and not really in a loving relationship anymore.

You are probably still communicating, but only about THINGS – who is using the car, or picking up the children. You don't talk about feelings any more, either because you can't be bothered, or you are too tired, or you have learned that it isn't 'safe'.

It wasn't always like this. In fact, you can remember when you used to talk all the time, and never run out of things to say. When you weren't together, you were on the phone, chatting about the events of the day, sharing plans and dreams, feelings and failures. And you always felt safe to do so, because you never felt judged. You felt accepted and loved unconditionally.

Once negative comments, sarcastic remarks or regular conflict enter into conversation, a person, fearing judgement, begins to be more careful about what he or she says. As a result, conversation becomes superficial, with one or both partners no longer sharing feelings or opinions, as it is no longer safe to do so. This lack of safety or security depletes emotional and sexual intimacy.

What to say to your partner when you realise you are a Housemate – but you want more.

Strategy 1: (What you could say)

We have been together a long time now, and I want to talk with you about how I'm feeling, about us. I know this may alarm you or make you want to run a mile, but please don't! Just let me talk for a bit and tell you some of the things that have been going on in my head. When I'm finished, I would love you to comment or tell me what you have been feeling.

When we first got together, I thought we would be best friends and lovers forever. I can remember we would talk about anything and everything, and I just loved being near you and doing things together. Over the years (months), that seems to have changed, for me at least, and I have been trying to work out why.

For some reason, I don't feel connected so much anymore, and I want to. I don't always tell you how I feel, and I want to. I often don't want you to touch me, and we haven't enjoyed sex for a long time, and I want to.

I can even say I don't always feel safe around you because I can't predict what your mood or reaction is going to be. And I want to. I want to get back to feeling close to you again, and back to WANTING to love you in ways that are special to you, instead of keeping my distance.

Strategy 2: (Encourage your partner to commit to my Fast Fix Marriage Formula program so that you both can work together on making a better marriage).

Can you tell me what you are feeling and thinking as I am telling you this? Do you feel similarly? Would you be prepared to work on this with me? I want to learn more about how relationships work, find out where we went wrong and how we could get back on track. This relationship is really important to me. Perhaps we could do an online course to help us start to connect again.

I've read about a program called Fast Fix Marriage Formula which caught my eye and started me thinking, because I never thought of doing something online before. I have only ever thought about going to counseling, and I have been a bit scared to ask you to do that.

I am not even sure that I have been ready to do that. But something online, we could read or watch, either in our own time or together, and perhaps that will help us start talking again about US.

Bestmate



BESTMATE ACTION PLAN

Summary: Best mates talk about a lot of things, they chat often and comfortably, and they feel safe with each other.

They respect each other, their idiosyncrasies, their personalities, and their regular commitments. They don't have many expectations of each other, so there is not a huge amount of hurt from unmet expectations.

Best mates are in frequent phone or email contact, and never run out of things to say. Because Bestmates don't judge and seldom criticise, they share thoughts and feelings, disappointments, hopes, dreams and even failures. Your Bestmate is always ready to listen, to encourage, to respond and to give suggestions. You feel safe in the marriage.

But what if you have feelings that are growing, and you realise you would like more out of this relationship? What if you find yourself thinking that this best mate relationship, this incredible friendship that you have, could in fact turn into something more serious?

Perhaps you are even fantasising that this best mate could, with a change of emphasis, become the person that you spend the long term with. And have more physical intimacy with.

What to say to your partner when you realise you are a Bestmate – but you want more.

Strategy 1: (What you could say)

Hey, I'd like to talk with you about something that involves us. It is a serious topic, and it may take some time, perhaps a whole evening. So is now (tomorrow, Saturday) an OK time?

I think you know already that I consider you my best friend. I find it just so easy to talk with you and to be with you. It seems effortless, and you have told me you feel the same way. I love it that we respect each other's time and commitments, yet if I ring you, I never get the feeling from you that I am bothering you. I feel safe with you. You are always interested in what I do and what I think and you encourage me to keep going with all my challenges. I just love that. In fact, I love you.

Which brings me to the something I want to talk about. And for the first time ever, I am not sure how to start. Whenever I think about the person I want to spend my life with, I think about someone who has all the qualities that I realise you have. Truly, when I fantasise about the deep and meaningful conversations I will have with my partner, and the connection I will feel, I realise I have that already with you!

So it occurs to me that since we are best mates, and share so much already, is there anything to stop us being partners, and taking this relationship a step further? I have always had affection for

you, but since we have only ever been 'best mates' and never an 'item', it has never been appropriate to think about sexual stuff.

Although for me, the attraction to you has been there, and I love the way we tease each other all the time. But I realise I want more than teasing. I have started to want more intimacy with you, I want to hold you and be close to you in a loving, physical way.

And this is where it is scary, because I don't know if you feel the same way. If you don't, our friendship may not ever be the same again, because of what I am telling you. You may pull up stakes and run!

Strategy 2: (Encourage your partner to commit to my Fast Fix Marriage Formula program so that you both can work together on making a better marriage)

Can you tell me what you are feeling and thinking as I am telling you this? Do you feel similarly? Would you be prepared to work on this with me? I want to learn more about how to change a relationship from being friends to being lovers, without things turning sour, which seems to happen with others who start out as friends and then become partners.

I want to understand how successful relationships work, so that we can maintain the best friend connection we both feel, and keep things alive and well when we hit some difficult times, as I'm sure we will if we stay together.

This relationship is really important to me. Perhaps we could do an online course to help us deepen our relationship, sort of like pre-marriage counseling, without the marriage! I've read about an online program called Fast Fix Marriage Formula which caught my eye and started me thinking, because I never thought of doing something online before.

I only ever thought about people going to counseling if they were having difficulties, which we don't. But I have realised you can do a course to LEARN about relationships like you can learn about other things, to become a master at the trade, as it were. And hopefully never have to go to counseling.

I feel ready to do that. And by doing something online, we could read or watch, either in our own time or together, and talk about what we are learning. More topics of conversation to fill our hours!

Playmate



PLAYMATE ACTION PLAN

Summary: As a Playmate, your relationship is driven by sexual desire. You experience a dopamine rush each time you see, touch, feel, smell or even think about your lover – and you can't wait to get your clothes off!

This is called Limerence and is normal at the beginning of a relationship, or if you are having an affair.

And it feels wonderful! You feel alive and energized by the "zing" of your marriage.

Yet perhaps there have been some emotional hurts, and you have not discussed them. You do not want any conflict or negative feelings to impact the relationship. But you want to share more communication, more emotional intimacy, and to be valued as a person with opinions and values, not just a plaything!

What to say to your partner when you realise you are a Playmate – but you want more.

Strategy 1: (What you could say)

Please listen, my wonderful bed buddy, there is something I want to talk to you about. Don't be alarmed – I am not about to tell you that I am not happy with how you make me feel.

On the contrary, you are amazing in the sex department. That's why I keep coming back for more! You really know how to turn my body on.

However, sometimes I am fearful that the great sex we have is all we share. It's hard to describe, but lately I have been feeling a bit empty, as though there is something missing in our relationship and I think what's missing is a feeling of emotional connection.

There are things you don't know about me, things that I think and feel that I want to share with you. And there is still so much about you that I want to know. You don't ever say much about how you feel. In fact, we don't talk much at all.....we just make small talk, enjoy a few drinks together and then head to the bedroom.

I have realised I need more than that and I am pretty sure that it is with you that I want it. No reason to give you up – and I am certainly not saying that I am giving up on you! Not at all – you have too many good qualities... But I want our relationship to be connected at every level.

Strategy 2: (Encourage your partner to commit to my Fast Fix Marriage Formula program so that you both can work together on making a better marriage)

Can you tell me what you are feeling and thinking as I am telling you this? Do you feel similarly? Would you be prepared to work on this with me? I want to learn more about how to deepen our relationship from being lovers to being confidantes as well.

I want us to talk more, and be more connected emotionally. I want to understand how successful relationships work, so that we can maintain not just our special sexual connection but a connection in our hearts and minds as well. I fear that if the passion diminishes in our sex life, and everyone says it does in time, we will need to really know each other as people, to keep our relationship alive.

This relationship is really important to me. Perhaps we could do an online course to help us deepen our relationship, sort of like pre-marriage counseling (but no pressure!). I've read about an online program called Fast Fix Marriage Formula which caught my eye and started me thinking, because I never thought of doing something online before.

I only ever thought about people going to counseling if they were having difficulties. But I have realised you can do a course to LEARN about relationships like you can learn about other things, to become a master at the trade, as it were! And hopefully never have to go to counseling. I feel ready to do that.

And by doing something online, we could read or watch, either in our own time or together, and talk about what we are learning. Think of it, things to talk about when we are tired of making love!

Soulmate



SOULMATE ACTION PLAN

Summary: The Soulmate marriage – the deep and connected relationship - is the one we yearn for. This is the marriage in which we feel loved, cared about and secure. The relationship where we are allowed freedom of thought and opinion, preferences and plans, friends and family.

This is the marriage in which there is no emotional, physical or financial abuse, no control, no exploitation. The relationship in which we feel both an individual and yet a partner, having the companionship of another human being who, because of the respect and non-judgement in our attitudes, feels exactly the same way. The marriage in which our need for love is met regularly and we in return want to meet our partner's need for love.

Sometimes, people feel early on in a relationship that they have met their Soulmate and say they 'know' that this person is the one they are meant to spend their life with. To be life partners. It is entirely possible to have this knowledge, especially those who are quite intuitive and listen to their 'gut feelings'.

Yet even a Soulmate needs nurturing and not being taken for granted. If you are fortunate to know your Soulmate instantly, you must know certain relationship rules, to keep the connection. It is also possible to 'grow' your relationship into a Soulmate connection, regardless of your start point, by learning and adhering to these same relationship rules.

What to say to your partner when you find out you are a Soulmate – and you want to keep it that way (or perhaps make it even better!)

Strategy 1: (What you could say)

I am so lucky to have you. I am so content in my relationship with you. I feel blessed, because so many of my friends tell me how unhappy they are with their partners. With you, I feel safe, not just physically, but also knowing that you would never intentionally hurt me emotionally. I feel that I can talk to you about anything, about my fears or my plans or my challenges at work or with the children, and you listen and make comment, but never judge.

One of the ways I feel loved is to have meaningful conversations with you, and you always meet that need. The other way I feel loved is to have you spend time with me, so even when you come shopping with me, or accompany me when I visit my mother, leaves me feeling loved by you. So thank you for doing those things without my even asking you to. It leaves me feeling cared about and understood.

And the other thing I am grateful for is that you are prepared to have a discussion whenever we have a misunderstanding, or there is a hurt. If things were left unsaid, I think the hurt would fester. But by talking it over, and my certainty that you would never intend to hurt me, I am able to get over it, and no resentments build up. My friends tell me about how hurt they are in their relationships and it seems to destroy their love. Sometimes I wonder if that would ever happen to us, as there are days when we just "get on with life" and we never think about or say how we feel about US. That is why I am telling you this now.

Strategy 2: (Encourage your partner to commit to my Fast Fix Marriage Formula program so that you can both work together on maintaining your great marriage)

Because our relationship is very important to me, I want to make sure that we don't ever take it for granted. I have been thinking about what it is that makes us work so well when others have dismal relationships.

I want to find out more about what keeps relationships successful, what the rules of engagement are, so that we can make sure we never let each other down.

I have heard about a program you can do online, called Fast Fix Marriage Formula. It caught my interest, because you are my Soulmate, and I want it to stay that way! I love the notion of us staying fresh and young in love, and romancing each other, just like when we first met.

Our love is different now, and I am curious to know more about keeping that wonderful connection alive. Would you be happy for us to do that program together? It would help me know if we are absolutely on the right track.

What Next?

I hope you have obtained great value from this blueprint. I know I enjoyed writing it! Remember: People may forget what you say. They may forget what you do. But they will NEVER forget how *you made them feel*. Emotion does matter!

Firstly, you have learned if you are a 'Housemate' in your marriage you have become disengaged and fallen into the trap of taking your partner for granted. Housemates must examine how you may have got there, and plan an exit strategy. Not how to exit the relationship, but how to get out of that quadrant!

Next, you discovered what makes a person a 'Bestmate' with their partner. Is that you?

Thirdly, we all love to be 'Playmates', don't we? But what does it mean to be a 'Playmate'—is it simply about sexual desire and fulfilment or does being a 'Playmate' demand something more of you? Do you wonder how your partner feels to be in this quadrant?

Finally, I guided you on what it means to be a 'Soulmate'—to move from your comfort zone into the perfect relationship zone, where love and respect grows and you discover ultimate happiness. It is one thing to learn, take notes and make plans. It is another to actually do something, to make a change!

If there is just one thing you take away from this report, it is the need to take action—one step at a time! Even small steps get you closer to big intentions. Every time you take an action, no matter how small, you are moving closer to creating the time and emotional freedom a passionate and engaged relationship can give you.

Next Step To Reconnect With Your Spouse!

My *Fast Fix Marriage Formula* 8-week program is *designed to help you reconnect with your partner and achieve your relationship goals* – for life! I want members to step up and not just engage, but really help one another build successful marriages. It's an incredible energy and community that I'm deeply proud to be a part of.

In this *Intimacy Quadrant Blueprint* I have described the 4 "Mate Types", where you fit on The Intimacy Quadrant and where you want to get to.

Yes you can reconnect with your partner – even though everyone says you can't – in under 30-minutes a day! My *Fast Fix Marriage Formula* will show you how!

If you are a Housemate...

It can be tempting not to start reconnecting with your partner. As a 'Housemate', you have grown comfortable in your position within the marriage. As long as you fulfil your part of the arrangement everything moves along fine. If you have children, you have sorted out how to communicate about them – perhaps you use email or text messages – and the household chores have been fairly allocated. BUT... IMAGINE how much better life would be if you were reengaged with your partner and effective warm communication and physical touch were

restored? We believe that everyone needs to be in relationship with another, as happy relationships lead us to experience a more meaningful life. However, change must come from within. If you change your thoughts, improved feelings will follow. If you change the way you feel you will change your relationship. Our program will show you how...

If you are a Bestmate...

Bestmates are great aren't they? Where would we be without them? Bestmates are loyal, willing to help and offer advice, are considerate and will go that 'extra mile' for us no matter what it takes. Mateship is one of life's most valued treasures. After all, where would we be without our mates? BUT... IMAGINE if your Bestmate experience was all that was possible. Is this really what you want for your relationship – to be just 'best mates' with your partner? If you are simply Bestmates, how's that working out for you? Have you distinguished between love as a feeling and love as an action? You may 'feel' love for your Bestmate, but is your need for love fulfilled? Is your capacity to carry out acts of love for someone else's benefit or pleasure being fully realized? Love as an action is simply choosing to do something for your partner's benefit. For it is in giving love that you will receive love. Our program will show you how...

If you are a Playmate...

Playmates are fun – especially in the first 12-18 months of a relationship, during what's referred to as Limerence. That time is usually full of sexual and sensual intimacy that can overwhelm young lovers and trick them into believing they have at last found 'true love'. People who are hooked on Limerence well into their relationship will seek it outside of their relationship to continue to experience the thrill of sexual activity when their partner has long settled down to working on the relationship. BUT... IMAGINE enjoying the four bonding levels of intimacy experienced within the continuum of the relationship cycle: effective communication, emotional intimacy, sensuality and sexuality. Make a choice today to move from being just a Playmate to becoming a Soulmate. Our program will show you how...

If you are a Soulmate...

Soulmates are already deeply connected and experience the fullness and happiness of a loving and committed marriage. Soulmates are independent yet interdependent. They enjoy the exhilaration that follows from giving and receiving love according to their own and their partner's needs. They share in the wisdom of emotional, intellectual, physical, spiritual, sexual, and recreational intimacy. WOW! Don't we all aspire to have this sense of calmness, joy and fulfilment? BUT... IMAGINE how a Soulmate would feel if he or she lost some or all of this love. That's why it's critical for Soulmates to keep working on building knowledge and experience in emotional health and the six caring habits. My program will show you how...

If you've been helped in your relationship using this Intimacy Quadrant Blueprint and want to learn more, register for my free 45-minute webinar on **THE 3-Secrets to having a happy passionate marriage**. Click this link: <https://karengoslingtraining.com>.

I'm really looking forward to you joining me. (And yes, I teach you exactly everything Mike and I use in our own marriage and what we've already taught thousands of couples around the world!)

Warmly,

Karen Gosling

Marriage Coach since 1997

Helping over 2,643 couples

<https://karengoslingtraining.com>