

IN THE BATTLE OF THE SEXES SURRENDER MAY BE YOUR BEST OPTION

*Life coach Fléchelle Morin
answers your questions.
This month: How to create
harmony and compatibility
in your marriage or
romantic relationship*

BY FLÉCHELLE MORIN

Q. I'm smart, successful and financially secure, and my social calendar is booked regularly with worthwhile prospects. But lately it seems like whenever I'm with a man on a date, it's as if I'm speaking a foreign language! We can be talking about current events, the economy or even our day at the office and before long I've noticed he's either tuned out or has turned into a glazed doughnut! I thought maybe it was me, that I was just losing my touch...until I had dinner with three girlfriends the other night and it came out that we all have the same problem. We are four intelligent, professional women with satisfying careers—two are married, one with children; the other single like me, but in a relationship—and at the end of a long day, we all just want what most men want—to relax with that someone special in our lives and be loved. I understand 'Men are from Mars; and Women are from Venus,' but why does it seem like all the men in our lives are from another galaxy?

A. I understand your concerns and feel your pain. In my coaching practice, I consult with

many intelligent, accomplished and beautiful women...women who are high achievers in all other areas of their lives...who come to me with the very same quandary. Why is attaining happiness with a quality man elusive to so many fantastic women? In order to understand the solution, we need to turn our attention away from the stars and towards biology, or more specifically, our masculine and feminine energies.

For the context of this discussion, we will assign the masculine energy to a man and the feminine energy to woman. (Although, in reality, masculine and feminine energies

are innate to both men and women.) The masculine and feminine energies are polar opposites. For example, whereas the masculine energy is giving, protecting and cherishing, the feminine energy is receptive, available and respecting. While the masculine energy is controlling, conquering and competing, the feminine energy is patient, passive and vulnerable. Masculine energy=dynamic; the feminine energy=magnetic.

So here's what happens to you, your girlfriends, and, really, all women who have a job outside—or even inside the home—who experience any type of stress during the day...

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*Ditch the
armor and
let love in!*

You 'arrive' at work and instantly switch your energy from your natural feminine energy to your decisive and competitive masculine energy out of necessity for your job. There is no way a woman could say she won't be attending a meeting because she doesn't 'feel good.' Instead, she has to put her feelings aside (which reside in the right hemisphere of her brain) and go to her left, 'thinking side' to focus on work. And as you may know from having read my past columns, thinking is an aspect of the masculine energy!

"We are all men at work", explains Dr. Pat Allen, author of *Staying Married and Loving It*. In order for a woman to survive and thrive in the workplace, she needs to be equally conquering and competing as a man. But when a woman has gotten in the practice of doing this day in and day out, with very little time or need for her feminine energy, just where do you suppose that leaves her at the end of a long work day?....

Complementary energies between a man and a woman are crucial for the harmony of a relationship. So, how can a woman—living as a masculine energy woman—possibly be complementary to a man with a masculine energy?...The answer is, she can't. In fact, the only outcome of her being in her masculine energy while *with* her masculine energy man is competition and confrontation. Does that sound like the relationships you and your girlfriends have been experiencing with the men in your lives?

Truth be told, in the battle of the sexes, there can be no winner. So here's some tips to help you leave your bravado in the boardroom, where it belongs, and slip into your feminine energy at home:

1.) Take five. Take at least five minutes to close your eyes and release the tensions of the day. Visualize yourself in a bubble bath (even better if you can actually enjoy one!), empty your head of any thoughts and start *feeling* your feelings. Let go of your need to control and be in control. Simply stated: Change your thoughts and you change who you are.

2.) Be magnetic. Stop 'doing' and start 'being.' Like a moth to a flame, be the irresistible attraction your man can't keep away from! Did you know a moth will *burn* just to be near a flame?! Ok, so maybe your man doesn't need to die to get a feel of you, but

you get my point. Smile, play, laugh and tease, but don't say a word. (Remember, talking is a masculine attribute.) Instead, connect with the right side of your brain—sensuality, gesture, body posture. When he talks to you, just look at him while you gently stroke your cheek with one or two fingers, or play with a string of your hair. Then, try not to laugh when he can no longer speak because he's too entranced just looking at you!

3.) Be patient. It may take a little time for your man to 'adjust' to the new you. He is used to coming home (or arriving on a date) prepared for battle! If he tries to engage you in a verbal debate, resist. When he sees he can have a relationship with you that is not based on words and controversy, but rather on having fun and being complementary to one other, he will gladly settle in to your new way of being and ditch his armor.

4.) Get in touch with your feelings. Without dumping on your man, tell him how you *feel*. Now I know I said no talking, but unless you are having a relationship with *Australopithecus*, you need to be able to express your feelings every now and again. The key is doing it in a feminine and non-threatening way so he is in a receptive place to really hear you. Ask your man if it is a good time for him to hear you out. If he says 'yes', then share your feelings with him on the matter. If he says 'no', ask him when *would* be a good time for the two of you to talk. When negotiating with your man, say 'yes' to what feels good, and 'no' to what doesn't. Be as consistent as possible. Complementary relationships create *complimentary* conversations—allowing for more cooperation and less intimidation.



5.) Adopt a philosophy that works for both you and him. I suggest to my clients who want to live in harmony with their partner to adopt the ideology of a "covenant relationship." In a covenant, both partners *voluntarily* sacrifice some of their rights for the good of the relationship, i.e. the feminine energy sacrifices her independence, and the masculine energy sacrifices his irresponsibility. What I like about the covenant relationship, which, by the way, is a legal contract in some states, is that *both* men and women have their chosen and assigned responsibilities. As a result, there's no confusion as to who is responsible for doing what and it makes the load a lot easier to carry as a couple. It also sets a consistent tone and helps any children involved in the relationship to feel secure knowing there is 'somebody in charge.'

In the end, it takes dedication and practice to make any relationship work. But in the battle of the sexes, a woman may gain her greatest victory simply by surrendering.



Fléchelle Morin, Certified ASR Coach, Dating to Marriage Coach & Motivational Speaker, is the author of the book, "Kissing or No Kissing; Whom Will you Save Your Kisses For? A Dating Guide to Creating Your Dreams." Have a question or comment for Fléchelle? E-mail her at flechelle@nokissing.com or visit nokissing.com for more information about Fléchelle's book, dating philosophy or scheduling her as a speaker at your next event.

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