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Bliss Science Coaching

4 Keys to

Passionate
Relationships



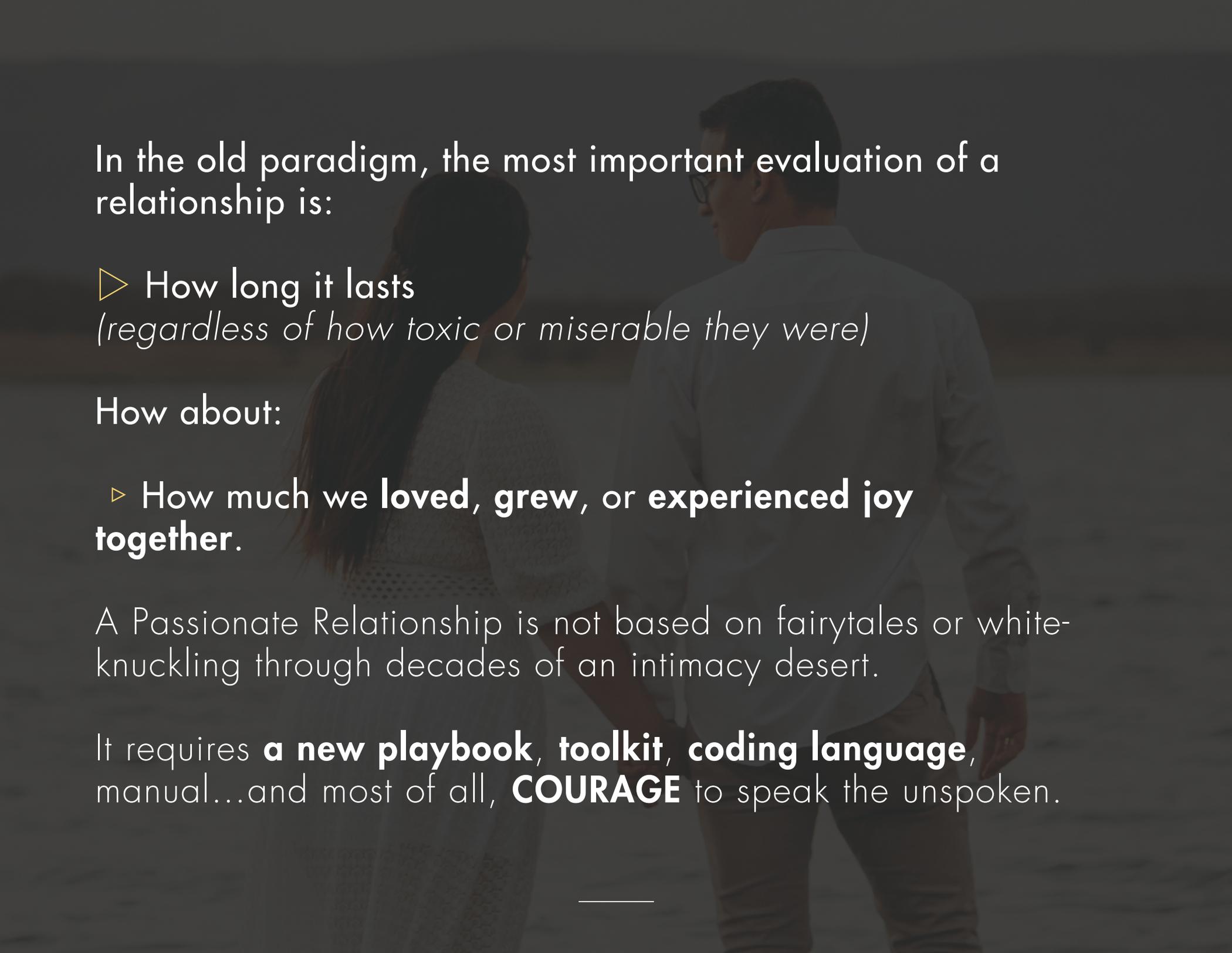
We are given **two narratives** about relationship:

- ▷ The “Fairytale”
- ▷ The “Till death do us part”

Relationships are just supposed to **work**, and they are supposed to **last forever**.

Once we find “**the one**,” it’s perfect forever (*so the narrative goes*), even if we have received exactly **zero education** about how to relate and have great intimacy.



A couple is walking away from the camera on a beach at sunset. The woman is on the left, wearing a white top and dark pants, and the man is on the right, wearing a white shirt and dark pants. They are holding hands. The background is a soft, hazy sunset over the ocean.

In the old paradigm, the most important evaluation of a relationship is:

▷ How long it lasts
(regardless of how toxic or miserable they were)

How about:

▷ How much we **loved, grew, or experienced joy together.**

A Passionate Relationship is not based on fairytales or white-knuckling through decades of an intimacy desert.

It requires **a new playbook, toolkit, coding language,** manual...and most of all, **COURAGE** to speak the unspoken.

Here are the

4

Principles





Share your **VISION** for the Relationship

Most couples never talk about how they want their relationship to go, in terms of **personal growth, parenting, and intimacy** over the long term.

Both partners need to elucidate **what their vision is**.

I can't stress enough how powerful it is to **realize the unspoken assumptions** that are in your mind, and **lay them out on the table**.

“ *My vision is for us to have a partnership where **we are both actively growing together while also making time for ourselves, and prioritizing our connection and intimacy, even in the face of work, parenting, and family obligations.**”*

Then, discuss your commitments to the relationship. Note: this is something that needs to be regularly revisited! It's not a set in stone - it can't be. **You both will change in ways you can't predict.**

*“I'm committed to **showing up and having difficult conversations with an open heart.**”*

*“I'm committed to the **quality of the connection between the two of us.**”*

*“I'm committed to **keeping our sexual connection alive.**”*

Of course, you may need help with this. It can bring up a lot - that's what a third party like a coach or therapist is there for.

Create a foundation of safety

This does NOT mean 'never upsetting' your partner. On the contrary - it means allowing them to feel what they feel, instead of trying to talk them into being happy.

It also means getting curious about their experience.

An essential aspect of safety is also the ability to regulate your own reactivity enough so that your partner can bring up the hard stuff and you won't reflexively shame, criticize or invalidate - or worse - 'whataboutism'.

This does not mean you are a 'doormat' and your partner can vomit however they want.

- ▶ Both of you have responsibilities when it comes to safety. And you must have boundaries - having self-worth is part of what makes it actually feel safe.
- ▶ Both of you ideally can share the vulnerable, hard stuff without being afraid that you will be rejected or abandoned.

You strive to learn each other's 'operating manual'. Teach your partner how to best 'operate' you.

Learn to communicate without accusations, advice, or fixing. Learn to communicate empathically and assertively (not aggressive or passive-aggressively).

Two core practices underlie all of this: emotional regulation and communication skills.

These can be learned in coaching or group programs, with just a little practice - it changes everything!.





Tend to the spark

This is the first thing that gets neglected in couples today: their **erotic life**.

I'm not talking about sex.

I'm talking about your **erotic relationship with yourself** and with **all of life**.

I'm talking about **allowing pleasure** - holistic pleasure - to be your **friend** and **fuel**.

(and then after those things I'm talking about sex).

Tending the spark requires that you **cultivate erotic energy within yourself** and you don't depend on your partner for your entire source of pleasure nor run yourself to the bone focussed only on **chores** and **surface-level mundanities**.

Instead, you look for sources of **play, pleasure, relaxation, and eroticism**.

- ▶ What do you do to fill your erotic cup?
- ▶ Are you open to receiving pleasure in daily life?

Men are too often dependent on **women** and **porn**.

Women are often wound up in **stress, details, kids**.

Everyone is shamed out of cultivating pleasure, even though it's a **healthy, essential** part of life

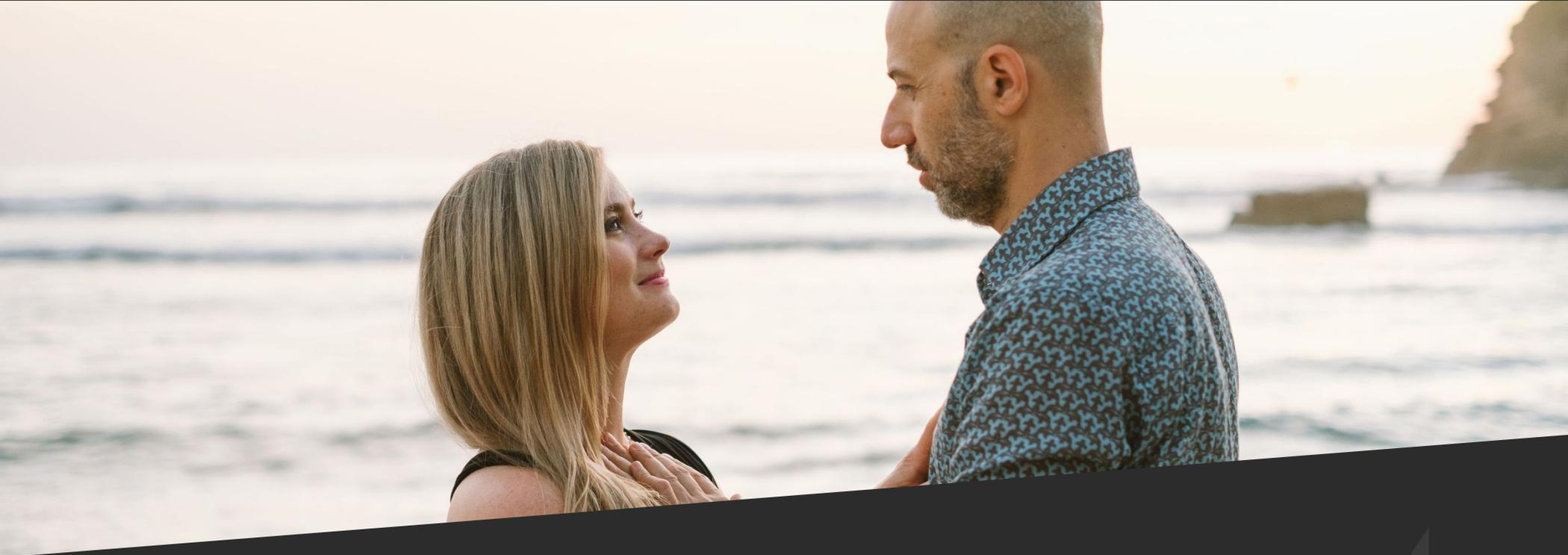
And **here's the really important part: spark requires mystery!** You need to **cultivate your own interests** and time apart. You need to keep a few things for **sacred play**.

For example: not sharing the same bathroom. Ideally even having your own room.

Or at least not brushing your teeth together and using the toilet in front of each other. **Keep a little mystery**.

Also:

- ▶ Have your **own self-pleasure practice** (which is something I teach regularly in my work).
- ▶ **Play or dance** regularly
- ▶ **Get in your body** every day
- ▶ **Consciously spend time apart** - before you get into a fight!



Devotion

This is not to be confused with martyrdom.

This is about the **quality** of the relationship between the two of you.

Don't subtract yourself from the equation. **Your needs must be present too.**

Be careful also of the other extreme:

Don't only try to 'get' something from your partner: for example, I've seen couples in a decades-long statement of trying to get one partner to wear lingerie and the other to express their feelings.

In the context of a basically healthy relationship (this cannot be one-sided), consider:

What would grow the **love** between the two of you?

- ▶ Sometimes it means: bringing up their **blindspots** with love - **where are they disconnected from their truth, from their vision and their commitments?**

True devotion also requires not abandoning yourself.

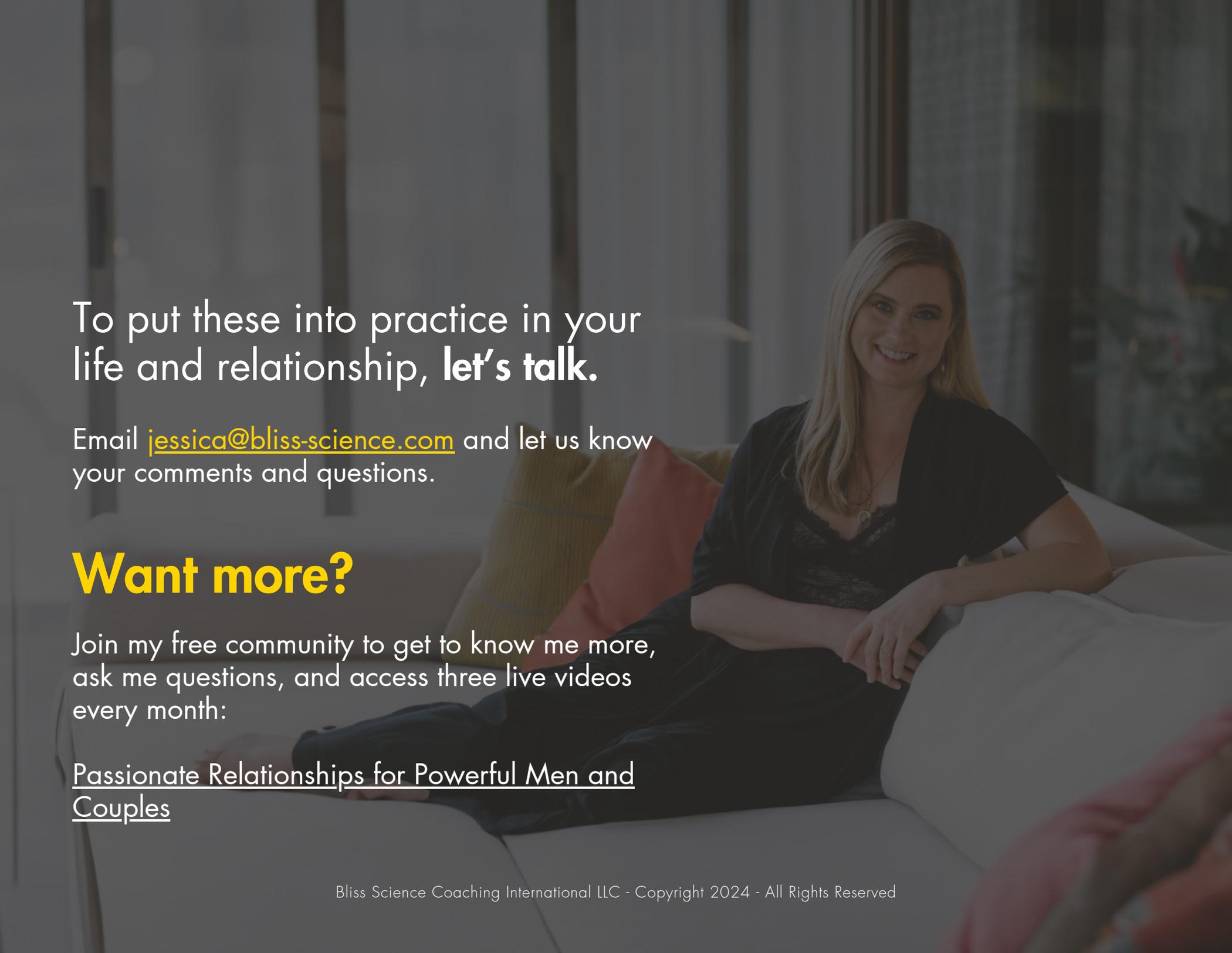
Instead, having a solid presence and self-respect to offer your partner.

You're willing to be **uncomfortable** for what **you know is right**.

Sometimes what's in **highest alignment** might mean the relationship **needs to end**.

If you're **devoted** to serving each other's **highest good** - are you both continuing to **support that in each other?**





To put these into practice in your life and relationship, **let's talk.**

Email jessica@bliss-science.com and let us know your comments and questions.

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[Passionate Relationships for Powerful Men and Couples](#)