

# SAMAR · SHERA

LEADER OF CHANGE™

## 7 Tips To Cultivating Loving Relationships

...

*The Leader of Change*  
APPROACH  
TO  
*relationships*

...

# Contents

CLICK ON ANY TOPIC  
TO GO TO PAGE IMMEDIATELY



INTRODUCTION

03

KNOW THYSELF

05

KNOW THY PARTNER

08

TO LOVE AND TO BE LOVED

09

KNOW THYSELF IN THE RELATIONSHIP

10

KNOW THY RELATIONSHIP

11

ACTIVE LISTENING AND BRUTAL HONESTY

12

EXPECTATIONS

13

CONTACT

15

“

NO ONE IS RESPONSIBLE  
FOR MAKING US FEEL LOVED.  
IT IS UP TO US AS INDIVIDUALS.

SAMAR · SHERA





DONE WITH THE *short-term*  
*fickle* RELATIONSHIPS?

---

LOOKING TO TAKE YOUR  
*relationship* TO THE  
*next level?*

---

FEEL LIKE YOU'VE HIT ROCK  
BOTTOM WITH YOUR PARTNER  
AND HAVE *nowhere to turn?*

READ ON...

(Please note that I use the 'he-she' dynamic to distinguish between partners simply for ease of language but this report is equally applicable to same gender relationships.)

# We've ALL been there...

Down in the dumps because, either our Knight in Shining Armor didn't show up, or the one who has shown up isn't the Prince we expected. Hollywood sold us a love story, and ours bombed in comparison. There is a honeymoon phase where you feel butterflies in your stomach and nothing will ever go wrong - How could it?

THEN...  
*Reality kicks in.*  
IT KICKS IN HARD.

Every cute thing becomes annoying and before you know it, its all topsy turvy.

There is a way out -actually, a way *up*. Relationships are hard work, just like anything else in life worth having (a kick in the teeth realization that Hollywood conveniently edited out). If you think there's an inkling of a chance, or just want to take your relationship to the next level, let the Leader of Change path pave your way.

Being a Leader of Change in your relationships means taking your power back, your power as an individual, and putting yourself (and your partner) in the driver's seat of what kind of relationship you would like to create, as opposed to creating it subconsciously.

Rather than a technique, it's an ongoing process – one that allows for continuous growth, self-awareness and empowerment. Being a Leader of Change means starting with yourself and stirring change within, and then allowing your outer world to follow suit. ◀

AS ALWAYS, WE START WITH *Ourselves* FIRST:

# KNOW THYSELF

#1

I can't stress enough the importance of defining yourself as an individual outside of your relationship. It is human nature to want companionship, but you are asking for trouble (read 'misery') by being in a codependent relationship.

The Void. Oh, what a word. We look for someone to fulfill what's missing in us and boom - we've set them on a pedestal while burning it down. No one else can complete you (thank you Jerry Maguire). YOU complete you. ◀

Every relationship outside of us is defined by the relationship within us. No one is responsible for our happiness. No one is responsible for our peace of mind. No one is responsible for making us feel loved. It is up to us as individuals. Me, myself and I. All change starts on the inside. The outer world is a reflection of our inner workings, so no amount of external love can make up for a lack of self-love, self-respect or self-value.

Self-worth, self respect and how you treat yourself set a standard for how your partner treats you in a relationship. Unfortunately, as women in today's society, we are inundated with negative messages on every advert, billboard and magazine cover. We have been subconsciously trained to believe we are not enough.

WE HAVE BEEN  
*subconsciously trained*  
TO BELIEVE WE ARE NOT ENOUGH

Our value is based on external characteristics (think job title, bank accounts and vital statistics), respect is an option and being physically objectified is a given.

All the above are true for the industries that profit off of you believing those things, but for a long-lasting relationship (with yourself, and then others), you need to take your power back in all these respects. Self-awareness is the key. Reflect on these questions and learn where you stand with the following:



HOW MUCH DO YOU *value*  
YOURSELF?

---

HOW MUCH DO YOU *respect*  
YOURSELF?

---

WHAT ARE *your Boundaries?*

---

WHAT ARE YOU WILLING TO  
PUT UP WITH, AND WHERE IS  
YOUR *line THAT cannot be  
crossed?*

---

WHAT ARE YOUR MOST  
PREDOMINANT *thoughts  
about yourself?*

ARE THEY LOVING?  
RESPECTFUL? KIND?



It is only when you start to understand yourself deeply and define who you are, instead of flowing into a relationship with Hollywood-esque expectations (heart fluttering at the sight of a prince and all brain power out the window) that we really start to build a solid foundation to an intimate partnership – which begins with a sustainable relationship with ourselves. ◀

# KNOW THY PARTNER

## #2

Get to *know* one another. Past the superficial facades we put on for society, past the prettiness, past the frivolous politeness, past the everyday how's-the-weather banter, get to know the gritty, the not-so-pretty, the dark, the quirks - the raw side of your partner.

We all have those facets to us; we're just trained not to let it show. It will come out eventually, and rather than let 'eventually' rear its head as it chooses, take the helm and dive in there. What are your partner's goals, dreams and desires? What are his quirks, his talents, his hidden gifts? What is he too shy to admit, too blind to see or what does he boldly yell about with great passion and fervor? What stirs his soul? What quenches the thirst of his mind? Get in there. Look past what we have been trained to ask, and better yet, trained to say.



Even after 5 months or 15 years, there's still a lot of exploring to do. Get to know one another on a deeper level, past the laundry, dirty dishes and drunken nights and/or baby's diapers (in no particular order!). People grow within a relationship, and communication on a deeper level is a way to create a connection and stay connected. ◀

# TO LOVE & TO BE LOVED

#3

How does your partner want to be loved? Better yet, how do you want to be loved? Gary Chapman speaks of '5 Love Languages.' We are taught to experience love in different ways and it is of vital importance to know how your partner perceives it. I'm not bound to the 5 languages, so rather, sit and discuss how you enjoy being loved. Is it quality time? Is it acts of appreciation? Is it allowing one another space to explore themselves? Is it movie nights? Or is it weekly flowers? It's likely to be a combination of things. Have fun exploring in yourself how you want to be loved, and the way you want that love expressed to you, as well as how your partner chooses to have your love expressed to him. These grow and evolve over time, so go back to this discussion often!

What do you appreciate about your partner? How often do you guys appreciate each other? There is an importance to this - it

keeps your focus on the positive aspects of the relationship, rather than the negatives. What you focus on grows and voila - you're on your way to building a strong foundation of value and respect. ◀

# KNOW THYSELF IN THE RELATIONSHIP

## #4

We all behave differently with different people when we're in different roles. Different roles bring out different facets of your personality, and we need to be self-aware enough to know it. When I'm in a maternal role, I can be nurturing and kind. When I am a sister, I'm more laid back but tough. When I'm a daughter, I swing from please nurture me (when food is involved) to ferociously taking charge, when decisions need to be made.

It's equally important to determine how you are when you are in a partnership. Are you the dominant or submissive one? What areas do you take charge in? What areas does your partner take charge in? What areas of your life do you handle on your own (e.g. picking out tiles for the

bathroom) For instance, I know it gets under my partner's skin to wait while I shop for clothes; but when he does, I appreciate it that much more, knowing he's out of his comfort zone for my sake.

I also have an ebb and flow with my partner with areas that I am happy to take charge in whilst other areas I would like for him to take the lead. In others specifically defined areas, such as decision making when it comes to our children, we co-lead. Without this clarity, we're setting ourselves up for potential clashes. Moreover, we have a tendency to subconsciously act out power struggles within ourselves, and the dynamics we've picked up from predominant relationships we have grown around (usually parents) and awareness demolishes destructive dynamics in its tracks. ◀

# KNOW THY RELATIONSHIP

#5

Relationships go through stages, and instead of quoting some generic psychology study, I would rather arm you with the ability to spot your own trends and define your direction. When your relationship is on a high, who are you both being? What factors contributed to the 'up' period? How long does it last and what are the key characteristics of this phase? How often do peaks happen? What happens after a peak? Does it stabilize or do you have a low? Determine the trend in your relationship by reflecting on its past.

How does this pattern appeal to you? What would you like to change? Rather than just subconsciously going with the flow, now

that you are aware of the dynamics – take control. If you can spot what you are both doing that takes you to a bad place, take the relationship's power back and steer it in a mutually decided, positive direction. ◀

# ACTIVE LISTENING AND BRUTAL HONESTY

## #6

Listen to each other from the other's perspective. In our eagerness to reply or defend ourselves, seldom do we 'hear' what the other person is saying.

Stop, open your heart and your ears; don't interrupt. Let the other person spill their guts out while you just listen. Feedback is as valuable as letting someone vent, and both lead to a sense of being heard, seen and felt – the common denominator to what all humans seek to feel.

Talk to each other. Not about each other to other people, not a mental conversation in your head with him, not never-verbalized arguments that simmer inside until there's an all-out explosion. Brutal honesty in the short term will alleviate a lot of long-term frustration. Have those uncomfortable conversations. ◀

# EXPECTATIONS

#7

I would say this is the number one silent killer of relationships in this century. Expectations, expectations, expectations – the unspoken kind are the deadliest. We have been taught to expect, and it's so deeply embedded in us we don't even know that we are in 'silent expectation' mode. It's expected of him to buy you flowers, a flashy ring, give you a life made in Hollywood dreams, an unlimited bank account, a feeling of love and adoration that give you butterflies in your tummy for the rest of eternity. Did I mention the incredible sex life, the 6 pack abs, the Mahatma Gandhi personality while being in a near Buddha-like state?

GIRL, *Check yourself.*

These expectations have been passed down vis-à-vis our mother's unfulfilled dreams, Instagram and one too many romantic comedies. Clarify what you want from a partner with yourself and with your partner – at the beginning and continually. Don't dive into a relationship where your expectations don't match (and spare yourself a lot of pain and time wasting). If you're in a more committed relationship, these will evolve as you grow as an individual so check in with yourself often – and express your

expectations (remember it has to be out-loud!). What would you like from your partner? What qualities are a can't-do-without, and which characteristics are an absolute no-go? Where do you see you going as an individual, and how does your relationship sync with that vision? Again, it's about knowing who you are, which is a lifelong process, and allowing someone to vibe with that as another equal component in that relationship.

2 EQUAL PARTS  
*make a Whole,*  
NOT 2 HALVES MAKE ONE.

Identifying and managing expectations is the one of the many keys to ensuring you don't hit those stone cold silences and to maintaining a deeper level of connection. ◀

*The End.*



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