

The Feminine Communication Guide

RADICALLY Transform Your Relationship

**How to inspire your partner to be
fully devoted in his love!**



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Feminine Communication for Your Next Level Relationship

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Introduction

I am so pleased you are here.

I am committed to sharing what you are about to read with as many women as I can. It has taken me a long time to create a REAL & DEEPLY loving relationship, which is rooted in true emotional connection, harmony & intimacy & I want you to experience this too.

The trouble is, we live in a society where we are conditioned (both men & women) to relate to each other in a way that creates codependency.

The word codependency is often reserved for people with mental or emotional health issues.

However, **the majority of relationships are co-dependent.**

Anywhere where you have two people relating to each other in a way that involves conflict, blame & avoidance, & where these situations do not lead to growth, you have a relationship that is based on codependency.

It is not that it is 'wrong' to experience this when it comes to your romantic life, it is very common. However, it is dysfunctional & does not represent a healthy way of relating to our partner.

The sad thing is most people don't know how to transform their struggles & go WAY BEYOND their current experience.

They get stuck thinking it's normal to have arguments. The truth is it is normal only in that it is common. There is also a huge difference between being able to use conflict & tension as a way to create new learning & growth in your relationship compared to hiding behind the 'it's normal' statement & choosing to avoid what's really going on under the surface.

This is extremely sad & unfortunate because knowing how to work with the conflict & tension in a relationship gives you the opportunity to actually dissolve the same old conflicts & open up to receive more love.



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You are in the right place if you are struggling in your romantic life & experiencing any of the following:

- Frequent arguments about the same old topics or maybe you have stopped bringing up those topics & avoid them as much as you can.
- Recurring feelings of loneliness, hurt & pain.
- A lack of passion or physical desire.
- A constant feeling that something is missing.
- Little quality time spent together.
- Feeling that your partner does not love you or you love them more than they love you.
- Feeling unattractive & that your partner is not attracted to you.

If you can relate to any of the above it is important to know that you, like the majority of men & women, have shadows (patterns of sabotage) that are running your relationship.

What are Shadows?

We all have shadows & they are responsible for creating the co-dependency that I have mentioned. Our shadows are the survival parts of us that always see & respond to everything from an energy of fear. Their thinking & behavioural patterns are based on the lie that it is not possible for us to receive a love where we can show up fully as ourselves.

Shadows cause you to hide yourself; to not be fully honest; to hold your partner responsible & to feel powerless in terms of creating the love that you really want.

Shadows & Unconscious Programming

Our shadows exist due to the power of our unconscious programming. This includes all the messages & rules we received in our primary relationships particularly in the first 7 years of our life. Of course these relationships had been heavily conditioned by messages that had been handed down over generations as well as the 'rules' given to us by society regarding the 'right' way to behave & think.

When we were growing up we received messages that certain emotions were 'bad' or inappropriate. We were told not to be angry or sad. We were told to be grateful or to 'smile'. As women we were told to be 'good', 'nice' & 'polite'.



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Internally we then told ourselves that it was not okay to feel certain feelings & we 'should' feel another way instead. We learned to hide these parts & they went 'underground' because it felt too unsafe to show or express them. Sometimes they are referred to as the parts of us that are lost, disowned or repressed.

These are the parts of us that would end up shutting down, attacking back, being defensive or trying to be perfect & get things 'right' in order to try & protect themselves from the judgements & perceived rejection of others.

This is EXACTLY why our shadow (which is a surface manifestation of our unconscious 'lost' parts) is petrified of being rejected again, even if we are in an environment where we are safe.

It feels scary to open up to love, we may not even be aware that we have this fear going on within us.

Our unconscious mind thinks:

What if I am rejected again?

What if I show my true-self & find out I am unlovable?

What if I have to be the rejector?

These are the questions & fears that float about underneath the surface.

Sometimes we are aware of these fears, often we try to suppress & deny them. However, we cannot keep running away, as they will always try to get our attention until we reintegrate them back into ourselves fully. Our fear is the door opener to a great love.

The Power of Our Unconscious

The parts of us that have been 'cast out' can be very conniving & even manipulating. They play 'peek a boo' & will pop up in your relationships saying the oddest or most manipulative things, usually without you realising.

Whilst our shadow selves are trying to get love, they do not know how. Their ideas about love are based on faulty beliefs. This is why the majority of couples end up projecting their disowned selves & emotions onto each other.



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A good place to start looking is when you say something that triggers your partner.

Shadow triggers shadow in 9 out of 10 cases, so it pays to get very curious about what was really going on. Did you have an ulterior motive by saying what you said? Did you say what you did because you were trying to get attention or you were avoiding your feelings of hurt?

There can be numerous ways in which shadow shows up.

We only have to dig a bit deeper & get really honest with ourselves to see why we have created situations that create conflict & unease. It is generally because of our deep fear of rejection.

Our unconscious mind is responsible for 90-95% of our behaviour, whilst our conscious thinking is only responsible for the remaining 5-10%.

This is exactly why so many people who are stuck in their heads trying to solve their relationship problems don't get anywhere.

A classic example of this type of thinking is when a woman thinks 'if I could just get him to change then everything would be different'.

They go round & round in circles without ever moving past their current set point.

They end up becoming a victim to the 'story' they have made up in their mind. Sadly they never realise that it is this behaviour that actually serves to sabotage the relationship in the first place.

This is obviously not a healthy foundation for a real & truly intimate relationship to unfold.

What really needs to happen therefore, is a commitment to diving a bit deeper & understanding your shadows as well as healing any unconscious wounds.

Otherwise your unconscious mind will actually direct your love life.

As Carl Jung stated:

**“Until you make the unconscious conscious, it will direct your life and you will call it fate.”
The trouble is that ‘fate’ can be quite disastrous if you just leave it to chance.**



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The time I called off my wedding!

I am going to share with you a great example of how my unconscious manufactured an absolute masterpiece of a disaster scene when it came to my first long-term relationship.

I was due to get married in the year 2000. I had been with my partner for 12 years. He was a nice guy but we got together at a young age. Despite a sense of knowing that I did not want to be with just one person forever, I tried hard to make things work. This was the done thing at that time in my community. You found someone, got married, had children & you lived happily ever after. Maybe you can relate?

My desire to be seen as having a successful relationship & be seen as a 'nice' person was my undoing. It was all about what others thought (a big sabotaging pattern) as opposed to valuing what I really wanted & valued.

The truth is I had no idea how to have a successful relationship. No-one teaches us, do they!

I went off to university. I wasn't faithful neither was he.

The lies I hid behind were awful. I look back & wish I could have acted with a lot more decency & integrity.

It all came to a head a few months before our wedding. The invitations had been sent out, the dress was being made & the band booked.

I had started to get close to a colleague of mine, who also wasn't 100% happy in his relationship. We got high on the addictive nature of this secret relationship when we were at work without anything ever really developing until.....

The fateful night when I invited him round to my house whilst my fiance was away working. To cut a long story short, we were in my bedroom kissing, when I heard the back door unlock & open. It was my fiance coming back to surprise me!!

I know, awful!!! I am cringing a little writing this & slightly concerned with what you think of me (my shadow coming in), although not enough to not write this (I should write a chick flick :))

The aftermath scenes were not pretty but I won't go into detail.



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The crunch point came when a few days later (after I had moved out to my parents) my fiance asked me if I still loved him. He was still prepared to take me back!

It was at that point I could not say 'yes'. I knew that it was not fair on him or myself & I didn't want to continue living a lie. So that signalled the end of our relationship. I felt a tremendous amount of guilt & failure but also a sense of relief.

It was a good thing in many ways that my unconscious created this situation. I mean you couldn't write that if you tried & you would certainly never choose to create that situation.

I doubt that I would have had the guts to end the relationship by owning up to how I really felt. I was too steeped in my own dysfunctional patterns & 'buying-in' to my own lies & fear.

This was the sabotage piece, the way I dealt with it, not the actual ending of the relationship.

I obviously wanted to get out for all sorts of reasons. I had stayed far too long & I had been trying to avoid acting with integrity because I was overly concerned with getting it 'wrong' & what others thought of me - all evidence of sabotage in differing forms.

I met my husband only a year later.

I thought I would have more time to myself but after a few dates with my husband, I found myself quickly falling for him. Not that long out of my previous long-term relationship I understandably didn't want to get hurt again, even though you might say I was the one who did the hurting.

I put quite a lot of barriers up to try & protect myself to begin with, but soon we settled into the good old 'honeymoon phase'. I felt swept off my feet. He proposed within 5 months & we were married 10 months later.

This felt 'right' on so many levels. **We had many coincidences.** Matt had also called off a wedding about the same time as I had, before we knew each other. We had gone to the same university & were both physical education teachers. He was even teaching at the high school I had gone to as a teenager. It was quite uncanny.



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Almost from the word go I made a pact with myself that I would rather be single than stay in a relationship where I didn't feel heard or seen, which had been a big reason as to why my previous relationship didn't last.

I wanted to be able to express myself with full honesty & not be afraid of saying how I felt. All great values to have in my book as what is the point of not being real or being honest with the person we love the most?

However, again no one had taught me how to communicate such things in a way that would create true connection & consistent intimacy.

So whilst I made every effort to do this I found myself coming up against my husband's resistance, which then triggered me back.

I can see looking back, that perhaps my communication had an element of shadow energy to it. Maybe sometimes it didn't. The problem was we didn't have the communication structure I will be sharing with you in this guide & we were also not aware of how shadows work or what they look & sound like.

When it comes to conflict, I always say to my clients, the fact that conflict exists is not a problem as such. It is more important to navigate it in a way that creates learning & growth so that you don't keep repeating the same frustrating & hurtful patterns again & again.

Unfortunately, I did not have the tools to navigate our issues in such a way. As a result I ended up pushing more than I wanted to. I started to nag him at times like many women. We had lots of wonderful, fun times but we did not seem to be able to move past the same old sticking points. This hurt when it happened but we were kept afloat by the good times.

I was pretty good at managing my feelings & making myself feel better, so I figured it was just a normal thing that happened to couples.

What I didn't realise was that **I was hiding behind the 'no relationship is perfect' argument not realising that I was actually missing crucial information about how to communicate with a man.**



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I also did not realise that I was experiencing a crisis in my own power.

I had no idea that I actually had far more power to change my situation than I realised but I was avoiding taking responsibility for this power. The reason for this was because deep down I had an unconscious fear that I would have to leave or perhaps he would leave me.

As I mentioned earlier, your unconscious sabotage will keep coming up in various forms until you address it. The fear will get bigger; you are likely to create a situation that causes you to lose your partner e.g. an affair; or you might even think of jumping ship yourself when you were just around the corner from a big transformation.

This is exactly what happened to me & it was my menopause that brought it all to a head.

My severely fluctuating hormones meant that I became looser tongued shall we say. I had less of a filter & got more irritated by what I perceived to be my husband's weak points. Sometimes I was a downright bitch.

I had been reading about masculine men being in their power & I could see areas where my husband was too nice; where he didn't take any initiative & how he seemed at times apathetic, distant & lacking in drive & passion.

I wanted MORE!

I could feel this energetically.

And this is what MANY women are feeling. They are missing the lack of presence in their partner; the lack of integrity & the lack of real drive.

They are missing the feeling of being provided for by masculine energy although they cannot put their finger on exactly what is missing.

Women do not feel safe!

Due to this women DO NOT FEEL SAFE. Not truly safe to let their guard down or be less controlling. Not safe enough to truly let go & receive!



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They are also petrified that if they do this, they will be rejected & he will want a woman who is more attractive or has more to offer.

This is not a conscious thought process. It is all going on beneath the surface.

And so what happens?

We settle for a relationship that is ordinary.

We convince ourselves that it is easier to plod along & stay 'safe' all the while we are putting up with a situation where we do not feel able to fully show up as ourselves.

If you think about this it does not make sense. But then shadow & sabotage rarely makes any sense whatsoever!

This is why **WE MUST DO THE WORK TO GET TO KNOW OUR SHADOWS INTIMATELY** so that we CAN move past them & create a relationship that meets our desires & values & beyond.

What happens when you get to know your shadows intimately?

When you do the work to understand your shadows in detail you create a far more intimate relationship with yourself. When you do this you then put yourself in a position of being able to reclaim your power, which is necessary to create your desired vision in love. This is not just a case of self-love, it goes deeper: we need to go deeper.

When you know your shadows in this way they are far less likely to come up & sabotage your relationship. Even if they do, you start to see & hear them & separate yourself from the lies that the shadow is believing in. This not only gives you the gift of freedom but it helps you to open your heart to receive more love. If you create intimacy with yourself, you then will attract even more of it & create it in your external reality. Over time you get to know yourself better & better & with the communication I am about to teach you, you will know what to do when shadows do pop up in your relationship.

As I have mentioned, **Shadows are not a problem in & of themselves just as conflict isn't.** They are only a problem if they are left to run riot.



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For example, we all can act like a victim, a child, or a know-it-all in our relationships. However, if we continually do this without getting any learning from it, we are letting our fear get in the way of us creating the connection & love we really want.

Shadows all have a gift in them. They give you the opportunity to see the full truth of who you are & the truth in any given moment.

It is our job to work WITH our shadows & use the gifts they contain to create consistent connection, fun & intimacy.

The communication I will be sharing with you in this guide is founded in the truth. The real truth, that it is absolutely possible for you to create a relationship where you can show up as your true self & be loved for ALL of that. **You do not have to hide or try to be perfect in order to be loved.**

The problem with most relationship communication methods

Throughout my 11 years of training to become a certified coach, a psychotherapist & an Imago Relationships Facilitator together with my experience throughout my marriage, I have come to realise that many recommended methods of communication are extremely limited.

These techniques can undoubtedly help you gain greater compassion & empathy towards your partner.

There are, however, two main problems with relationship communication methods in my experience.

1. Firstly, **they do not take into account the nuances of shadow: what it sounds like, how it behaves & what energy it carries.** The technique itself might be a good one. It will work at times, but most often they serve to create short term change only.....& this was exactly my experience too! They will not create long-term transformation if shadow is present and running the show. The biggest problem with most modalities is that they do not educate about shadow in a way that helps clients become acutely aware of them & in particular the shadows that are the most cunning. These ones have the potential to create the most destruction in a relationship.



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For example, a very well known relationship communication technique encourages each individual to validate their partner. An example of verbal validation is “it makes sense that you see xyz like that considering the fact that you experienced xyz in that way”.

This is very useful for promoting compassion towards one another & for validating one’s feelings. It also paves the way for empathy. It promotes greater understanding of the fact that you are in a relationship with someone who often has a very different perspective from your own.

This in itself is a good starting point because it helps couples to understand that their perspective is not always the only one or what they see as the 'right' one. The fact that there is another human being in front of them who sees the world through a different lens needs to be accepted.

However, the limitations of this type of approach are as follows:

a) To have to say to your partner ‘it makes sense to me that you see xyz in that way because you experienced xyz’ is flawed in many ways. Yes your partner may be seeing a situation through a particular lens & they are entitled to their own experience & feelings. There will also be some truth in what they have experienced or what they are thinking from a factual point of view.

However, if your partner is speaking from shadow, they will be speaking & seeing things from a limited perspective. The truth is there are usually unlimited perspectives & therefore possibilities.

Another way of putting this is, why would we want to validate our partner if they are actually in victim, bully, manipulative, know-it-all or spoiled brat mode? This is not healthy communication.

One thing I want to point out here is that it is absolutely ok to acknowledge our own & our partner’s feelings. This is not about dismissing how we feel. Our feelings are valid. Dismissing someone’s feelings can be a dangerous thing to do & we don’t want to get into the territory of narcissism. However people do use their feelings against their partner to manipulate them, although many do this unintentionally through a lack of awareness. Many also indulge in their feelings & the stories attached to them as they have **unhealthy internal boundaries**.

What we should be looking to develop is the ability to relate to our feelings in a healthy way, so that they flow through us in the moment, rather than holding onto them & fighting them.



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b) If neither party is able to recognise the existence of shadow in their own or their partner's language then at best they will only end up creating short term change as opposed to long lasting transformation. At worst they are likely to still end up triggering each other & keep returning to default patterns of behaviour in their relationship.

This will only serve to destroy the intimacy & connection over the long-term. The aliveness & spark disappears & a lack of fulfilment starts to creep into people's lives.

This is why couples counselling often has a bad reputation for not making a real difference.

This is also why so many older couples end up like roommates, bickering and just being companions who sit in front of the t.v. every night. This is okay if that's what you want. It's not for me & I take it it's not for you either as you wouldn't be reading this if it was.

c) Popular communication techniques also tend to encourage a dynamic where men & women end up communicating & relating to each other in the same way.

This does not take into account the fact that men & women have different needs when it comes to relationships. They are biologically wired to need different things in a relationship. This therefore, leaves little room for the relationship to benefit from the different things men & women actually have to offer.

It also leaves very little room for passionate, dynamic, decisive & assertive masculine energy to come through, which is the perfect environment for you to feel DEEPLY loved, cared for, seen & heard.

This, I hasten to add, does not mean you end up becoming a passive, weak woman as a result, not in the slightest! You will find out why as you read on.

Why do so many long term relationships end up failing or becoming stagnant?

I cannot think that there are many women who do not wish for a/their partner to be more dynamic, alive, commanding, caring, spontaneous, passionate, inspiring, decisive, confident, ambitious, driven & for him to take better care of himself on a physical, emotional & mental level (please choose/add words that resonate for you).



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Unfortunately many women who are strong, confident, assertive, independent, ambitious & driven towards success, end up killing the possibilities of this happening because they are simply exerting too much of the wrong type of masculine & feminine energy within their relationship.

Most women in fact, find it difficult to let go of the reins & end up resorting to competitive, micro-management, over controlling & over 'caring' behaviour, without even realising they are doing it.

The sad thing is that this kind of behaviour often enables their partner's dysfunctional habits & responses when their intention is, for example, to try & encourage them to look after themselves better or to be more proactive around the house.

For example, I knew a woman (not a client) who was worried about her partner's alcohol consumption & the types of food he ate. She was concerned for her partner's long-term health as heart disease ran in the family. She dropped hints & made suggestions when her partner complained of feeling unwell or unhealthy & she got frustrated when he didn't make any changes.

However, she also enabled this pattern of unhealthy behaviour in many ways, by joining him in his drinking habits even though she often didn't want to, in order to try & cut down the amount he was drinking. They would share the bottle of wine & often this would become more.

Sharing the bottle of wine isn't the point. Doing something that you don't want to keep doing just doesn't make sense. This is a great example of shadow stopping you living with integrity & taking a stand for your values.

This example also highlights the lack of real honesty & vulnerability in the communication.

Ideally I would want to hear this lady express her real fears to her partner. Whilst it is up to him to decide whether or not to reduce his drinking or eat more healthily, it is also important to be able to share your innermost fears & for these to be heard & acknowledged. After all, her fears had some basis in reality as her partner had a family history of heart disease. She was scared that he might die at an early age & she of course did not want this to happen.



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If she had been able to express these concerns to him he might well have chosen to cut back on his habits in order to help her feel more at ease. It might have taken a few attempts, but that doesn't matter. We have to keep showing up in our relationships. It is not a case of one conversation & then we are done!

The above example shows that despite all the dropping of hints & subtle attempts to change your partner, **men do not respond well to being 'led'**. They feel this on an energetic level even though they are generally unaware of this & cannot put words to it. This is why men often become resistant to any attempts. They also often become irritated or defensive.

Consequently **men often start shutting down**. They can also become passive; lacking in ambition, aliveness, dynamism, passion, assertiveness & true confidence especially within the relationship.

They start to withdraw & can demonstrate signs of being avoidant (both emotionally & in terms of taking action), absent, apathetic & lazy. **They choose to opt for the 'anything for an easy life'** telling themselves that it's better to stay quiet because otherwise their partner will just keep nagging them.

Men may also respond with passive aggression & dismissal when they feel that their partner is trying to compete with them (again they will feel this energetically).

You may have experienced your partner being dismissive of your emotions when you have tried to express yourself with vulnerability & so it is not surprising that you hold back & do not trust that you can get your needs met.

Whilst there is an art to vulnerable expression, one which I will be explaining to you soon, I do want to stress that **women are absolutely not the only ones to blame**.

Men need to see what is going on to & step up to redress the correct relationship dynamic that serves both sexes. They also need to understand what healthy communication sounds like & I hope that you will share this guide with your partner (more on how to do this later).

Why do women resort to communicating in an overly controlling way?

Such behaviour exists primarily due to an underlying belief that they have to be in control & cannot fully trust a man in order to get their own needs & desires met. It is also due to societal conditioning.



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For years society has conditioned women to hide & shame themselves in their attempts to live up to unrealistic 'perfectionistic' standards. Even though things have gotten better, women still receive subtle messaging that encourages them to put everyone else first at the expense of their own needs & well-being.

We also live in a society that does not recognise the fact that it is okay to be a human being with emotions & flaws. In fact it does not recognise that **our feelings as a woman are exactly what helps us create the connection we are looking for with our partner.** We just haven't been taught how to relate to them in a truly healthy way & in a way that creates transformation.

Many mindset techniques still encourage the gaslighting of one's own feelings & emotions without even realising.

All of this adds up to why women do not feel energetically safe. They are still not treated equally in many areas of society & there because there are many men who are not trustworthy, it is no wonder really.

Many women 'trust' their partner in terms of not straying from the relationship & to support them in their chosen activities or with their children. However, fundamentally they do not trust them fully in terms of getting their emotional needs & desires met. Like men, they too feel this on an energetic level, which is why they find it so hard to stop trying to compete & take charge of everything in the household. Maybe you can relate?

If women felt safer they would be far more open & honest on a more consistent basis.

They would not be afraid to be more vulnerable & express their deepest fears, or to slow down & trust that they can live life & follow their own dreams in such a way that does not involve continual striving, exhaustion, hustle & disappointment.

When women feel they cannot fully trust their partner in this way they can start to feel like something is missing. Whilst many do well to manage their emotions & 'soldier on' there is an underlying pain that does not go away.

As a result many women begin to question whether they would be better off starting again with someone else.



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You may argue that you do try to express yourself from a place of vulnerability & honesty or that you have tried in the past but didn't get anywhere?

Firstly, this is a shadow based argument. Just because you tried it in the past does not mean it will yield the same outcome in the future when done from a totally different energy. It is extremely easy to express yourself from the energy of shadow, without meaning to.

Even if you see yourself as someone who takes full responsibility for your emotions, are you clear on how to respond when your partner gets triggered in response to your vulnerable expression?

Do you fall into victim mode? Or do you try & 'train' them because you feel uneasy & think that he needs to get a handle on his emotions? Perhaps you become defensive yourself?

Also, are you 100% sure that you are not communicating in a way that isn't steeped in shadow? We don't realise we are doing it until we understand the difference between shadow & true power.

When you are able to communicate free from shadow or at least be aware when shadow is (or was) present things can change for the better very quickly.

In order for this to happen it is essential that...

- i) you take a stand for who you really want to be (for yourself & your partner) in your relationship**
- ii) you recognise the FACT that YOU have the innate power to create the relationship you desire.**
- iii) You must also be willing to do things differently compared to how you have been doing until now.**

Unfortunately, **many women are unwilling** to take such a stand or make such changes because they are always waiting for their partner to change.

As a result they are desperately missing a deep sense of emotional connection & a level of passion or desire that will allow their relationship to thrive regardless of the number of years they have been with their partner.



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At the end of the day, when we want a great relationship that much, we have to be willing to change ourselves & our approach. No amount of wishing & hoping (journaling, making a vision board or meditating) will get you what you want.

What is really needed to keep a relationship thriving over the long-term?

Along with a need for a healthier relationship with one's own emotions & a greater awareness of the nuances of shadow, the demise or stagnancy of the majority of long term relationships essentially happens because a couple fails to create a sense of inspiration in their dynamic.

Inspiration is necessary & crucial....

.....for a man to feel the inner desire to devote himself fully to being the best man he can be for himself & in terms of meeting your needs within the relationship.

It is this that helps him step more fully into his true masculine power where he is able to lead himself & where he feels respected & received.

It is this dynamic that also gives him the utmost joy to make you happy.

Inspiration is also necessary for you to fully embrace your feminine creativity & vulnerability so that you can be seen & loved for who you really are. As well as feeling that you can trust that you will be met in your desires within the relationship. This is how you create a sense of being provided for in love.

There is nothing that feels so good as being able to lean back & palpably relax your nervous system in the knowledge that you are deeply cared for & you don't have to worry about ALL of the finer details.

True masculine provision within a relationship provides structure & a foundation in which both partners can grow.

It is important to know that **true masculine energy is not just reserved for a man**, it is essential for a woman to heal her relationship with her inner masculine energy, in order that she is able to receive in the way she truly wants in her relationship.



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This has the effect of bringing stability & safety to the relationship as opposed to unease, avoidance, conflict & a lack of trust.

The Communication

It allows the best of feminine energy to provide the tender, gentle & unconditionally loving support for when life gets tough & we hit roadblocks or suffer personal setbacks. It also enhances & allows for the creativity, aliveness, wisdom & deep unconditional love of the feminine.

I will speak more about feminine & masculine energy later in this guide.

I am excited to share this particular method of communication with you as I truly believe it represents such a structure that will help you take your relationship onto a level that the majority of people will never choose to experience.

For this communication to work really well, it is important that you & preferably your partner, (although you can change a lot, even on your own) are coming from the following premises.

Please do not worry if you read the following & think 'my relationship is way off this', it is meant to help you see what is possible & what you can aim for. This must be seen as a journey:

- **You are able & willing to take responsibility for your emotions** & are able to accept that sometimes (or often) when you speak you may be coming from a limited point of view i.e. there could be numerous other viewpoints you are failing to see at the time.

This doesn't mean you have to be perfect & always get everything 'right' but it does involve a sense of being willing to hold your hand up, admit your weaknesses & mistakes. It also requires being able to take care of yourself when you feel upset for example, rather than blaming your partner & holding them to ransom over how you feel.

Your partner will not always be available, so the ability to self soothe is crucial.

- **You are entitled to your feelings** & when you show up using the communication I will share with you, it is not acceptable for your partner to dismiss or deny you these feelings in an abusive way. This may be done unintentionally at times especially when you are trying this out to start with & you may also do it to him.



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The Communication

We are all human beings with emotions & it can be very scary when you start being more vulnerable (this fear is something that you should aim to share with your partner).

- **There is a willingness to try & express yourself without blame, criticism, defensiveness or manipulation to the best of your abilities.**

If you believe that your communication with your partner is toxic I highly recommend doing some Shadow Work for your own healing. However, the suggestions I am about to share should help improve things, unless of course you are in an abusive relationship & here it is essential to get some support & work towards getting out of the relationship.

- **There is a willingness to make mistakes & get a bit 'messy'. After all, there are no 'mistakes', only learning.**

When shadow is present, sometimes it just has to be heard & 'play out' in order for the speaker to see the shortcomings of what they are saying or before another level of conversation can be attempted.

It doesn't matter that shadow comes up, it is always about how we deal with it.

Men who find it difficult to accept their full range of emotions will often struggle when you are expressing yourself with vulnerability. It is easier for them to deflect by teasing, dismissal or fixing, than face uncomfortable emotions that come up for them.

This does not mean they will not have the capacity to use this type of communication successfully, but it will need patience, perseverance & honesty from both sides.

Remember, it may be equally difficult for you to connect with some of your emotions. You will find that because you are so used to 'getting on with life' & being a strong, independent woman that you will also 'miss' certain underlying emotions.

This communication is to be used to help your man see where & how he could step up more in order to meet you in your desires, but also to act with greater integrity & devotion.



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This is not an excuse to hold him to unrealistically high expectations where you expect him to attain a perfectionistic standard.

It is essential to **remember everything is a journey & he is also allowed to make mistakes!**

- **This communication is not an excuse to manipulate your man into doing everything you want him to do.**

The chances are if you do this he will pick up on the underlying energy behind your words & will show some form of resistance.

The best thing to do here, is to take some time out to reflect on whether your motive was less than clean (see next point) & come back & apologise if necessary.

- **This communication will help you to speak with feminine communication, which is NOT geared towards getting an outcome.**

Feminine energy is receiving & Masculine energy is giving. This means that you are just expressing for the sake of expressing & honouring your true feminine expression. It requires trying to remain as non-attached as possible in relation to getting the response or the outcome your mind thinks is necessary.

When you are attached to getting the 'right' outcome, you can bet that your communication will come across with the energy of control or manipulation. It is okay to want your partner to step up & it is more than okay to acknowledge your desires, but you cannot be attached to exactly how & when this might happen. If you are attached to the outcome, you are not creating enough space for your man to show up in his own unique way & you are also setting yourself up for disappointment & hurt.

When to use this Feminine Communication?

Firstly, I want to say that this communication may at first glance seem like nothing new. You will have heard similar versions before. However, these versions rarely include the differing response of the male & what the communication pattern involves.



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The Communication

This type of communication is used to express any emotions that come up for you that you feel are creating tension between you both or where a situation has come up, which has gone against your own values (i.e. something that is very important to you) & that has created feelings of fear or anxiety.

Please note that this is a structure & structure is important to bring order to chaos. At some point when this type of communication is mastered, like any other 'technique' it will become more of a way of being. You will still use it but you will also feel more confidence & safety to communicate more freely because you will trust yourself & your partner to navigate any tension that arises in a healthy way. It is important not to be too rigid about using the structure as this will be controlling in itself.

It can also be used when you feel you are about to try & 'lead' or control your partner, which often means that you are actually avoiding your own anxiety. The more you become aware of when you are doing this, the more you can call yourself out if you wish to (internally or externally).

The communication can also be used to help you express how you are feeling about your work, your children, your health or anything else that has nothing to do with your partner.

In the latter type of situations, this would just be an opportunity for him to hold the space for you, give you a hug & say "I'm sorry you feel like that, is there anything I can do?" Or to take you in his arms & say "come here, I've got you" (healthy masculine leadership) as opposed to saying "don't get stressed" or "don't feel sad" (dismissal of emotions). This helps get round the issue of you feeling that your partner is trying to fix & all you want to do is vent.

It is worth considering the following points & examples before you jump in to using the communication structure... although to be honest, you can also jump in because there is no time like the present & you can afford to get it wrong too.

- **Many a time it is good to let your shadow(s) play out & for the uncomfortable feeling you have within to subside.** Then you will generally have a clearer idea of what it is you are really feeling, whether you actually think it is necessary to say anything to your partner & more to the point how to say it.



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If your partner is not available because he is busy or pre-occupied this is a good time to call in the unconditionally, loving support of the divine masculine (see bonus meditation). This will help you self soothe & remember that you are actually a powerful creator who has the capacity to bring your partner closer with your energy.

Here's an example.....

My husband came towards me & gave me some lovely kisses on my forehead. It felt very loving & warm.

This happened just after I had sold one of my first online courses. It was great to receive the recognition. However, I noticed I started to feel resentful towards him because my shadows were telling me that he was only recognising me because I was achieving or 'doing'. I got triggered because it was reflecting a big 'father' wound for me. I had spent many a year when I was young feeling that the only way to get love from my father was if I was successful at school or in my sport. I suppose I didn't feel recognised for just being me & his encouragement of my sporting performance & accolades seemed to confirm this.

Many women have this type of 'father wound' & it carries with it a lot of sadness that we often repress without processing it in a healthy way. It then gets played out in our main relationship.

Rather than use the communication structure straight away I gave myself some time & space & allowed my shadows to 'play out'. This wasn't comfortable because the inner victim/bully in me wanted to blame. **Allowing our shadows to play out can help calm down our nervous system & help us become more present. This is called 'neutralising' the shadow.**

I also connected with the divine masculine presence (see bonus meditation). This helped me remember that I get to be a powerful creator in my love life & that when I take care of my energy, moving from shadow into power this can be a very magnetic thing.

Interestingly enough my husband came over to me shortly after & asked me if I was okay. This is a good example of being gently 'led' to my emotional expression.

In this case, I was able to explain that I felt sad. He asked me 'why'? Then rather than blaming



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him for my feelings I took responsibility & explained how his response & kiss, whilst lovely, brought up some sadness for me due to my relationship with my dad. I also explained how I felt sad about the big emphasis on external success in our society. The fact that it seems that what we do or have done is much more important than who we are.

This IS something for us to be sad about & it is okay to feel like this when we notice it. Many people feel such a lot of pressure to achieve more & get the job, the money, the house, the car without ever feeling that fulfilled within themselves, it is hardly surprising that there is a collective & repressed grief about this.

Opening up like this to my husband, whilst he listened enabled him to realise that he also wasn't feeling that successful in himself at the time. He was able to admit this to me & as a result we were able to have an open, honest conversation, which then helped us feel emotionally connected.

After all, he was only showing me love. He wasn't intentionally trying to hurt me, neither was he acting in a way that demonstrated a lack of integrity. There might have been a touch of shadow in that he was playing out some of his own programming around success. However, that is hardly a crime. What is more important is that we were able to have a connecting conversation & be open & honest with each other. This helped us move past my shadows that were trying to keep us 'apart' by blaming him for only recognising my material achievement.

Moving forward it also encourages us both to think differently about how we relate to 'success' & achievement within ourselves & in relation to each other. This is an example of how the structure can create growth for the relationship.

It is therefore a good idea to ask yourself:

- Did he intentionally mean to hurt me?
- Has he acted out of integrity? I.e. done something that dishonours an important value
- Were his actions coming from what seemed like a loving place?
- Is it likely that my shadows are doing a good job on me & if yes would it be better to take some time to get clear here before speaking up.



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The Communication Structure

- Am I looking after myself in the best way I can right now? Am I expecting him to be my saviour? Am I overly focusing on him as a way to avoid my own self care?

Let's get to the crux of The Feminine Communication

Is actually VERY simple & sounds like this:

You to your partner: "I feel scared, anxious, sad, frustrated, angry, annoyed, hurt, anxious"
(i.e. insert appropriate emotion).

Try not to downplay your emotions either with 'I feel a little.....'

Your partner to you: "Why is that?"

You: "Because....." (now explain why you are feeling that way, preferably in a very short & succinct way without an attacking or blaming tone to your words or voice).

You could also say "I feel xyz because the story that I am telling myself is that....." e.g. when xyz happens this means thatthen I get anxious & don't feel very safe" or I am noticing that I want to attack /criticise you for xyz because....."

Most emotions are attached to a story of some kind where we are making ourselves or our partner wrong, so **this kind of language can help to start with because it gives you some separation from the story & attached emotions.**

Here is a simple example:

Your partner has left his underpants all over the floor for the third morning in a row & just looking at them makes you feel stressed & annoyed. Rather than cleaning up after him & letting him off the hook in your mind or having a go at him as soon as he steps through the door; you would find an appropriate moment, ask if he is available (e.g. "can I share something with you") & say: **"I feel stressed out"**

He would then ask:

"Why is that?"



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You would then say something like:

"Because when I see your underpants all over the floor it leaves me feeling pressed for time, as I feel that I need to pick them up. I value a clean & tidy house."

One could argue here that you should deal with your own stress as he is not actually responsible for your responses. However, the point of this type of expression is that you don't deny your emotions (as pretty much most women have a tendency to do) & you have the opportunity to be honest & open & thus be real!

You also get the opportunity to honour your own values this way.

Your partner has the opportunity to step up & take some action (whether that is picking up his pants or asking you to put a basket in the bedroom so he can put them in it). **As a result he gets to be more considerate, helps you to feel heard, seen & understood. At the same time he gets to make you happier & more trusting.**

If he is committed to being the best he can be he will certainly take this on-board without dismissing you or coming up with some kind of lame excuse!

At the end of the day men love to fix & solve problems, it's just that they usually jump in too early with a solution (because they are generally trying to cover their own back or avoid their own emotions), which just upsets you more.

When you say how you are feeling as part of the above structure you are giving him the opportunity to do some fixing but in a way that is actually more considerate, compassionate & responsible.

What you need to do now....(following on from the above communication)

You need to be patient & remain unattached to how or when your partner will take action towards remedying the situation. He may not actually reply with much at all, which often means he is thinking & may be trying to get what he wants to say 'right' in his head. This might not be easy & a part of you will be intent on remaining vigilant, looking for evidence.



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You must learn to hold the tension in you (& your body) & allow yourself to enter a state of 'not knowing'.

This is the space in which transformational & magical moments are created.

When you leave room for him to show up in his own way, you leave much more space available for magic to happen. My husband has taken my breath away at times, creating moments of deep connection & high eroticism when I have given him space to show up in his own way.

Learning to trust that you can show up as yourself as opposed to having to resort to subtle controlling tactics, will help you relax more in the knowing that you can & will be met.

Practising patience is how you exercise your own muscle of self trust (& trust for your partner). If your partner is a decent human being, choosing to trust NOW even when you sometimes feel the opposite, without the evidence being in place that this is okay, is exactly HOW you attract & create more of what you want. On the other hand, if you are constantly looking for evidence you are trying to control the outcome & this is not going to help things.

Whilst you are absolutely allowed to make mistakes it is good to be aware of how your communication may sound when shadow is present.

Here you would be offloading emotions onto your partner that I would argue do need to be dealt with by yourself.

Here are 2 examples. See which one of them you think sounds 'off' to you.

Example 1

You: "I feel annoyed".

Him: "Why is that?"

You: "You said to me that you were going to speak to the bank yesterday & then you asked if I could do it today without giving me a reason. If you had given me a good reason I would have done it, but it just felt like you were offloading the job onto me."



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Example 2

You: "I feel embarrassed".

Him: "Why is that?"

You: "When we were out today I was embarrassed because you were wearing those scruffy trainers & track bottoms & I worry about what people think of us".

Example One is a clean (on an energetic level) expression of vulnerability & therefore gives your partner an opportunity to step up & 'clean up' his act so to speak.

Whereas **in Example Two there is some shadow present.**

I will explain.....

Whilst it is absolutely fine for you to feel embarrassed in the moment, this feeling is obviously based on the fear of being judged by other people.

The "I worry about what other people think" is an example of a shadow based response. Any feelings such as these are your responsibility. It is not your partner's responsibility to adjust his behaviour/dress sense so that you can feel better about yourself in the company of others or so that you can try to control what other people think about you & your relationship.

On the other hand, if you have a standard around dressing in a particular way then that is absolutely fine & you might adjust your words to something like this:

Instead of expressing your feelings in a negative way you could say:

"I love it when you put on some nice clothes. I find you so attractive when you wear xyz."

Here you are simply giving him feedback about what you like, value & desire in your relationship.

You are also leaving it open to your partner to think about whether or not he wants to adjust his behaviour next time. This is an example of being non-attached to the outcome.



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What if my partner does not step up & adjust his behaviour?

Using this same example to illustrate:

If your partner continued to not bother about what he was wearing when out with you, then you have a decision to make. You ask yourself 'is this behaviour make or break for me? Is it a non-negotiable & is it dishonouring one of my most important values?'

It may be unlikely that this particular example is a sackable offence & you may have to just 'get over' the issue & decide to love your partner for all of who he is.

The chances are if you express in the way I have recommended above, he will register this & perhaps be more inspired to take some action next time & make greater effort.

Non-negotiable situations would more likely involve topics such as money, where you live, health, family, children, abusive language, sex etc.

If the behaviour is crossing an important line for you & he continually does not show that he is committed to changing, then you can take this as evidence that he is not willing to step up or to be fully devoted to you. This then becomes about you holding yourself with high self-worth & acting in accordance with this.

If you are trying to get clear on whether you should leave the relationship or not, this would help you get the clarity you are seeking.

However, it always pays to take a deeper look at your own shadows & the extent to which you might well be sabotaging your relationship before making any hasty decisions.

Please note, your partner is going to come up against his own resistance when first using this communication...This is a good thing for your relationship!

This is a journey of undoing the old conditioning, it will bring up the 'baggage'.

All of a sudden he is being asked to take a look at his behaviour each time you express yourself vulnerably, whereas before he technically might have 'got away with it' or you might have fallen into shadow complaining or nagging.



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What if my partner does not step up & adjust his behaviour?

This will be uncomfortable for him.

He could become defensive or shut down if these are his normal default patterns.

This is where patience and compassion are required. He will also need space. The beauty of this communication is that the structure is there for you to use again if necessary.

He may also find it difficult to understand why all of a sudden it seems like he is the one who is having to 'step up' & keep looking at how he can be 'better'

This could easily cause frustration & resentment.

However, it must be remembered that you are the one having to be vulnerable & express how you are feeling, when sometimes it feels scary to do so. You are the one having to feel that fear & speak up. This is never easy.

We must consider the fact that women have been vilified for years & years for being 'overly emotional.'

The innate power of a woman has been feared by men & as all know many women were burnt at the stake for even just having a voice.

It is always worth stressing this as a reminder that neither of you get to have it easy.

It is just a case that you are both having to show up in ways you are not used to or conditioned to & this is never going to be a walk in the park.

It is important to come back to a united front on this topic & remind yourselves why you are doing this.

Don't forget your old conditioning will always try to get the better of you both.

It will speak up in your relationship & you will BOTH be sucked in by it.

This is why it is also important to get to know the differences between your shadow selves & your true power, so that shadow does not get to lead.



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What if my partner does not step up & adjust his behaviour cont?

Bearing all of this in mind, I don't recommend pouncing on your partner at the first sign that he is not taking on board what you are saying or that he is acting in a 'shadowy' way because he is finding it difficult taking a closer look at himself.

As I said, "he needs space". You have always got the structure to come back to if & when needs be when things have calmed down a little.

This may sound like:

- "Are you free for me to share something with you?"
- "I'm feeling hurt/frustrated/sad/anxious still as a result of our conversation last night. I am not sure where I stand."
- "Have you got any thoughts about what I said?" (stay unattached here).

These conversations are not always going to be easy but remember they promote growth in the relationship and growth equals aliveness and spark. However, if he is aware of how this communication is meant to work (in favour of you both) then he will be more inclined to address his behaviour accordingly (please see the section on how to share this communication structure with him towards the end of this guide).

The challenge for you is that you are not going to have any control over when and what that looks like - this is the non attachment piece.

What about if I want a hug, to have sex or ask my partner to do something for me?

It is difficult to express yourself without asking for an outcome when you want or need something, which involves your partner.

Rather than saying 'can you hug me?' I will usually say 'I really need a hug' or 'are you available for a hug?' Asking permission is a very useful practice with men because you are seeing if they are free mentally & emotionally rather than expecting them to drop everything.



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"I could really do with some help" or "I need help here" are good ways to inspire him to be the hero you want him to be and the one that he wants to be too!

The same applies with sex:

'I'm feeling really horny right now' or 'I would love to get naked with you' type of statements give him a chance to make the decision & take action.

Having said this, if I have an intuition in the moment & I am feeling horny, I might say something 'are you up for xyz?'

Expressing your desire in the form of a question is highly recommended, as then he has the chance to make up his own mind rather than feeling cajoled. More importantly, this gives him space to act from a more spontaneous, connected place within himself, which can give rise to the kind of sex that will truly blow your mind rather than that which is the 'wham bam thank you maam' kind - although this will also depend on your willingness to express your feelings about the quality of your sex life too.

Many women are dissatisfied by their sex lives. They either feel like it is a bit of a chore & they already have too much on their plates or they feel like there is a lack of real connection & passion.

Many men think they are better lovers than they really are. Unless they have taken time to educate themselves about sex with a woman, they are often oblivious to the fact that their partner is not satisfied. Some men can be quite selfish when it comes to sex & will also have quite a fragile ego here because to receive their partner's desire for more in this area feels like a judgement on their manhood (another result of dysfunctional societal conditioning).

This is something that they must deal with & it is a good opportunity for men to be with their discomfort but not let it get in the way of them stepping up in a new way.

Whatever you are feeling about your sex life needs talking about, from a place of vulnerability & responsibility. You are responsible too for the quality of your sex life.

Many women do not cultivate a sensual & intimate relationship with their body & they too expect their partner to give them heaven on earth amongst the bedsheets!!



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The type of sex that goes on between many couples is often based on what people see in the movies. It is quick & if a woman is 'lucky' she will have an orgasm. There is an awful lot of 'trying' in this dynamic for a woman. If she finds it easy to orgasm there can often be an addiction to the end result, a kind of chasing the prize. Both scenarios, when they happen from these energies do not allow for a truly connected experience or for a highly erotic, orgasmic experience.

One way to explore the possibilities here is to stop chasing the orgasm & surrender to the moment. This might be hit or miss to begin with but that doesn't matter. Next levels always come from the unknown & from a place of 'not knowing'. This is the Magician archetype working his magic IN THE MOMENT.

This can be a wonderful area of exploration & chance for transformation for any couple. There is no text book to help you get this right (although there are plenty of teachings around more connected sex, which you can find online). It is more about learning to trust your intuition to take you to the right place at the right time, even if this ends up looking 'messy' on the face of it.

'Messy' & 'mistakes' are required if you want to take your relationship onto a whole new level.

The real benefits of this communication

Going back to the communication. This communication gives you the space & permission to be heard & to fully express yourself when you feel upset, hurt, angry, sad, anxious, lonely, frustrated etc.

This is not always easy but it is the best way I have come across & learnt to provide a setting in which your partner will be encouraged to become more skilled at & committed to meeting your needs.

It is truly wonderful when you can FEEL the provision of **empowered masculine energy. It allows you to be in your feminine receiving energy.**

This adds to the overall energy in the relationship & creates an energy of polarity, which is necessary to keep your partnership alive & kicking. **Healthy polarity brings back the old adage of 'opposites attract' in ALL of the good ways.**



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Many women don't like the sound of polarity & argue that it is archaic & 'unequal', but they usually haven't taken the time to understand the nuances of the dynamic & the following fact:

- **You get to create this dynamic in a way that WORKS FOR BOTH OF YOU.**

Other women get frustrated that this dynamic means that they are the one who always has to be vulnerable & taking what often feels like a 'risk' or the first move.

This can seem unfair at first glance.

However, this is designed to work IN YOUR FAVOUR not against you as per the old 'normal' way of relating.

Once you get used to it & get over the initial teething troubles of trying on a new form of relating, your partner will get pleasure out of being able to provide for you & make you happy (sounds cliché but it's true). This is actually what true & empowered masculine energy thrives on.

All of the men I have spoken to who practice this way of being tell me they love to feel that they are providing for their partner in this way.

A man will also become more empowered when he is able to: lead himself more fully (rather than being told what to do); to make decisions; to be assertive; to take responsibility; to feel & know that he has a purpose & he is able to provide.

When he embodies this energy with you & it feels great, make sure you let him know.

The word 'provide' is a good one to use.

For example:

"Thank you for doing xyz, I feel very loved & provided for when you do that."

Another example of appreciating him in such a way to give him the feedback he will thrive on is:

"You make me feel really loved & protected when your arms are around me."



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If you feel you are the one who ends up appreciating him all the time & you don't feel like you get it back at all you can use the communication structure again to express how that makes you feel:

You: "I feel hurt"

Him: "Why?"

You: explain why, being fully honest about any story you are telling yourself & the fears underlying this as well as expressing the honest reason why you would like to receive some appreciation.

Remember though it's not a competition or just because you appreciate him you are not entitled to get it back all the time.

Using the above example, it is important to see that underlying the fact that you feel hurt that your partner doesn't share his appreciation there is usually a STORY (being told to you by your shadows).

What I mean by this is: it is not really about the lack of appreciation.

It is more about what you are making the lack of appreciation on his behalf mean.

For example, if you don't get the appreciation you want back, is a part of you making this mean that you are not loved in the way you want & does this mean that you feel scared because it may mean your relationship is not secure & you might have to leave?

Or perhaps you feel you are being 'too much' in asking for the appreciation? And you are telling yourself that you shouldn't need it, when it is actually okay to desire to be recognised for what you bring to your relationship.

These are the REAL truths of the matter compared to communicating from an energy that says (or even words that say):

'I always give you appreciation, you never give it back to me'

i.e. 'it's not fair', you don't love me enough or I put in more effort than you do (all shadow examples).



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We don't realise we are being manipulative & we don't do it intentionally but we as women have a default tendency to act & speak in these ways due to our conditioning. **The fact that we are not being truly honest about the fears underlying our words or our desires is the manipulation. It is this fear along with the desire that needs expressing.**

Most of the time there is even fear underneath our anger & sadness & we certainly don't find it easy to express or act on our desires, due to the fact that as women, we have been conditioned to put others first.

If in doubt ask yourself 'what is my fear underlying all of this' & try to express this instead of pointing out what your partner is not doing that you think he should in your eyes.

This may feel scary & your fear may be illogical in many ways but it doesn't matter because **your feelings in that moment are your feelings & therefore it is helpful to acknowledge this.**

When we don't acknowledge our feelings & emotions, we are gaslighting ourselves!

You can also share the fact that you know it all sounds a bit illogical but that your anxiety is there all the same, therefore normalising the emotion & making ALL emotions okay in your relationship.

This is very freeing for your relationship & for you because you start to realise that you don't need to hide yourself.

Also it is in this way that your feminine expression will act as a guide in helping your partner to get more comfortable with his own emotions.

If your partner continually dismisses your feelings

If you are expressing in the way I have described above, this is not a great sign. I highly recommend putting in a verbal boundary if it comes to this.

This would sound like: "Please don't dismiss my feelings".

Verbal boundaries are not necessary when you are communicating in a healthy way, but sometimes they are useful.



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The point of being radically honest about your feelings even if you think you are being 'silly' is that you are being more REAL compared to when using your more 'persuasive' methods of communication. **This is what inspires a man to step up.**

What's in it for him, you & your relationship?

When your partner is more inspired to step up in this way your relationship will become more polarised in a healthy way (not all polarised relationships are healthy. These are the ones that are based in shadow). Here, there will be a greater opportunity for you to thrive in an environment where some of the decision making, micro-details & organisation are taken care of.

Your feminine self then gets to rest & thrive, because she is not having to over think or fill her head with information other than what she truly needs & WANTS to focus on.

This is crucial for her to know that she is provided for & to avoid going down the more stressful path, which of course does her health & well-being absolutely zero good.

Bearing all of this in mind, your challenge as a woman is to start letting go more & more in terms of all the little (& big) ways you are micro-managing & not trusting your man.

A woman with healthy feminine energy is able to exercise patience.

Nagging, criticising, blaming, arguing against his opinion are all fairly obvious behaviours & you will already know the degree to which you do these things.

However, you will absolutely have some covert control & lack of trust going on & this may look like:

- Encouraging him to eat well, to exercise or to get coaching/therapy.
- Following up on something you have asked him to do because you don't trust him to do it.
- Trying to 'train' him or help him heal emotionally.
- Anticipating his needs all the time (so he doesn't have to think for himself).
- Doing the family bank accounts on your own (& secretly wishing he would help or show an interest).
- Doing things for him that you would like done for yourself, making the assumption that he will like it too, without checking it out with him.



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- Always thinking you have a better solution (sometimes you do, but sometimes you need to let him make the decision otherwise he will keep deferring to you if he is that way inclined)
- Subtly disagreeing or asserting your opinion as the 'right' or better way.
- Sending him text messages in the hope he will send one back.
- Thinking that he is attracted to or flirting with other women & making this an issue.
- Expecting perfection from him & constantly looking for evidence that he is either taking action or meeting your standards.
- Calling out when he is on the phone because you think he is not handling a situation well enough.
- Trying to drop subtle hints to help him take action.
- Wanting & trying to get him to do something that you think will help the relationship & reacting in a wounded way when he doesn't seem interested.
- Doing things for him that you would love, when he hasn't asked you & then feeling unappreciated because he doesn't seem to respond positively or with appreciation.
- Pointing out how he could have done something better once he has already done it!!

The truth here is that he may not be doing something as well as could be done.

However, this is not the point, unless you stop with the control he will never step into his full leadership & make the mistakes necessary for him to take more responsibility.

He will also never feel inspired to be a devoted man in your relationship.

Let him make more decisions for himself & for the relationship (because a devoted man wants to help his relationship thrive. If not he will just focus on himself, appearing very selfish. This is exactly why you end up feeling lonely sometimes or you feel like something is missing.

It is also why he will appear absent & dis-interested & this, to any woman, will not only feel frustrating but may also be very painful on an emotional level.

So as women we have to practice some self-control & self-soothing when we start letting go of the reins. Be kind to yourself because it will feel alien & there will be times when things feel chaotic. This is part of the transition.



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If you know that you want to explore this way of relating to your partner & you want him to be more in his masculine I also recommend that you express your desire for him to take more of a leading role. You can say this by expressing how much you like it when he acts in more dynamic, decisive or pro-active ways for example. You can also tell him how you have read about the benefits of this way of relating to each other. It is a great topic to explore together.

This will mean that you will need to step back & let him be more pro-active as well as following his lead more, in the knowledge that he will be making these decisions in your best interests & for the health of your relationship.

This does not mean you don't get to have a say, especially when it comes to really important decisions. It doesn't mean that your feminine intuition should be overridden or ignored.

This is also not an excuse for a man to be domineering or controlling.

It also doesn't mean you follow blindly when you can see that a certain decision might put you or family members in danger for example, but on the whole let him take the micro-managing away from you & just go with it. Being willing to follow his lead is a demonstration healthy trust and respect. Many men thrive on feeling the trust and respect of their partner.

It makes life a whole load easier I can tell you, even if sometimes you feel a bit put out to start with!

More about polarity in relationships

There are different degrees of polarity that can be found in relationships.

The unfortunate thing is many people associate polarity with an extreme version known as BDSM. This is not a dynamic that I follow. Here, the female fully takes on the role of the submissive & the male the DOM or dominant. There are even relationships that are the opposite way round.

BDSM relationships can also be healthy they can also be very toxic. It depends on the energy & values that underpin the relationship. 'Normal' relationships can also be extremely toxic & abusive, so let's not forget this.



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We can use this kind of relationship as a useful demonstration of how the feminine gets to have just as important role as the masculine.

For example, where the male is the dominant, it is said that a DOM is only ever as good as his sub. This reflects the fact that the role of the woman is just as important because she is also expressing her emotions & her desires in such a way that guides the masculine.

The feminine gets to guide & be that inspiration for the masculine. This is how women lead themselves & create a situation that does meet their needs & desires.

She does get to have a say!

This is why it is crucial for a woman to be able to express herself with vulnerability. It is also why she must get in touch with her desire. It is a relationship to cultivate within herself first & foremost & **the best way of doing this in my experience is by doing some inner masculine healing.**

In this way your own inner masculine will have your back & ensure that you take a stand for what you want in a way that is respectful to both yourself & your partner.

[If you would like to speak with me about doing some 1 to 1 inner masculine healing you can book a call here.](#)

Healing this relationship within yourself is a hugely important step, which will help you start to see more evidence of masculine support in & outside your relationship.

Going back to the more extreme versions of polarity, you certainly do not have to have a relationship based on such an extreme.

However, if the idea of your partner becoming more of a leader for himself & for the relationship where necessary resonates or sounds appealing then polarity is definitely worth exploring. As I have mentioned many women baulk at the idea of introducing some polarity into their relationship at first, but this is largely because they do not understand the idea.



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Healthy polarity is what most relationships are crying out for!

It can appear on the face of it, to make women seem weak & passive. After women have spent so many years fighting for greater equality it is quite a controversial topic. I highly recommend that you take a moment to not just dismiss it without understanding it first. Plus you can choose to create your own version of polarity.

You still get to be a strong women with her own ideas, insights, values & creativity. The difference is you don't have to compete so much or fall into those patterns of micro-managing that just don't serve you or your relationship because they push your partner away.

Bringing a healthy polarity into your relationship does not have anything to do with equality. It is all about acknowledging that men & women have different needs & when both partners can show up in a way that helps these needs get met, then a couple can enjoy a FAR greater connection emotionally & physically.

Women who have successful businesses or careers in very masculine environments often find it a wonderful relief to not have to make all the decisions at home. All in all there is something very attractive about a man stepping into his full power for himself & for the relationship & so many women are crying out for this.

Many women have a hidden yearning for this & don't even realise until they discover such information .

How to share this communication structure with him

I recommend sharing this with your partner (in a non-attached way)

e.g. "I've got something I would love to share with you about relationship communication, are you free / would you be free at some point today?" **or** "I would really like to try a new type of communication with you. I've been reading about it & it makes sense to me. I know women are using it with success. I am saying this because I really want to feel a greater connection between us emotionally & physically (come from your desire for a better relationship), what do you think?"

I never recommend trying to train your partner or educate him about relationships, but this doesn't mean you cannot share things with him.



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I am of the opinion, who ever stumbles across the information first is in a good position to bring it up.

Take this communication structure for example. **How would your partner learn about healthy communication & 'try it on' if he does not have the MISSING information & if he is generally not inclined to search it out.**

In an ideal world he would be empowered enough to seek out the information himself. However, most men are not motivated in this way when it comes to self development. Unfortunately, because society's framework encourages them to just accept things as they are they don't think to question them i.e. the status quo benefits them on many levels.

As a result it is completely okay for you to see if he is willing to find out more with you or for you to share your main findings without having to go into long, drawn out conversations with him.

Addressing your fear about using this communication

It is very important for you to know that the type of communication I am recommending requires a much greater level of vulnerability than you are used to & this can bring up quite a bit of fear.

I lost count of the number of times I had to take a deep breath & go through that fear when speaking up to my husband. First of all I would notice my own tension & discomfort & then I got to realise that this was the opportunity speak up, even if it felt illogical.

The fear takes a while to go & so it will take many conversations with you feeling your fear & having to go through it. Each time you do this however, you will not only learn how to communicate more effectively for your relationship next time but you will also be eradicating the big shadows that stand in your way & tell you lies about why the love you really want is not possible.

Fear is always shadow & in nearly all cases it is an illusion. i.e. a lie that holds you back from receiving more love. Just a reminder, it doesn't mean you have to eradicate it, you just need to know how to work with it.



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Other Tips & Questions

In general **I highly recommend making use of questions when you are conversing with your partner.** It is worth noting here that when a woman is continually asked questions by her partner this doesn't feel good on the whole. It often leaves a women floundering (depending upon the exact situation) & feeling like she has to lead when she actually doesn't energetically enjoy this dynamic. This is the reason I emphasise the fact that men & women are wired to communicate in different ways with each other.

So get curious about your response if your partner defers to you about certain things in your relationship, how does this really feel to you? Again it may depend on the situation but you may find it frustrating. Many women end up thinking 'if I don't make the decision no-one will.'

Asking a question to your partner is a good way to express your desires. For e.g. let's say you want to express your desire to keep your mobile phones off on a Saturday. More leading communication would sound like this "I would really like us to turn off our phones when we are spending time together on Saturday."

Whilst it is okay for you to want to do this for yourself, **it is an obvious 'lead to outcome'** & doesn't allow your partner to decide for himself.

You would be far better off being honest saying "I have been feeling disconnected from you when we are spending time together. I don't think it helps that we are on our phones a lot. What do you think?"

What do you think?'....

... is a great question to use to not only prevent you 'leading' him & essentially emasculating him, but it can also open up the conversation nicely.

You will soon notice that it becomes easier to reframe what you want to say in the form of a question because you will start to notice/feel when you are about to lead him.



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Other Tips & Questions

Watch out for those Shadow Projections

In my relationship I notice that my shadows sometimes love to tell me that my husband is the one that is responsible for any perceived lack of abundance in my life. My shadows will focus on what they see to be lack of dynamism or pro-activeness & say to me 'he's not providing for you' ...providing on an energetic level that is.

Of course, there can be truth in this because at the time he might be struggling with his own issues, which he must be allowed time & space to sort through, without being 'fixed' or criticised.

How I often address my own issues, that seem to be being projected onto him & which can create a certain feeling of tension in the relationship is to 'move towards' him rather than away, even though a big part of me may feel like it has its barriers up. So, I might say....

"I feel like I am coming across as distant / hard / off / stern. I just wanted to let you I'm having a battle with myself right now."

If your partner has a tendency to not listen & try to fix you, these kind of statements can come with a 'I don't need you to do anything but wanted to let you know what's going on', otherwise it's not necessary.

Also remember to make sure they are available to hear you. Obviously, you will have a good idea if they physically doing something, but you can always check with a 'are you free for a moment?'

Notice that there is no longwinded explanation of why I am feeling negative about him. I know when my shadows are doing a good job on me. Anywhere where I might end up picking faults with him or saying he is 'not enough' is usually a good sign that an inner battle is going on. I don't have to give him all of the gory details!



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Other Tips & Questions

Watch out for those Shadow Projections cont..

Many women make the mistake of trying to explain everything in detail & go off on huge tangents, which many men find it difficult to keep up with.

Whilst this is not to say you don't get to explain yourself or that you always have to take all the responsibility (especially when he has done something that has affected you in some way), it just depends on the situation.

The only way you will work out the difference is by trying out this structure, being far more open & honest & being willing to make mistakes.

If you notice that you also tend to fall into such patterns like I have described above, then the real truth is that **whilst we are overfocusing on our partner's shortcomings we are forgetting how powerful we are.**

What does this mean?

It means that [as women we get to command with God or the Divine](#) (this does not have to be religious) rather than let my shadow fall into wishful thinking, hoping or helplessness, despair i.e. 'nothing is working' syndrome.

We also 'forget' of the power of our body. In today's society the 'rational' (i.e. not so rational) mind is given priority. This is unfortunate because when we inhabit our body fully with presence & openness, it will activate the part of our mind that does know what to do. This is an example of true masculine & feminine energies co-creating magic together. The 'rational' mind when used on its own triggers the feminine pain body & holds a man responsible for that pain.

Note that when your shadows are doing a good job on you, sometimes the only thing you can do is let them play out. At some point, if you are fully aware of the difference between shadow & your true power, you will lead yourself to the truth. You will see it & feel it. It might just take some discomfort to get there, but this is better than letting the shadow lead your behaviour.



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What does a man get to do with his emotions?

Due to unhealthy social conditioning, men have historically had a harder time when it comes to their feelings and emotions. They were always expected to hold them in i.e. 'men shouldn't cry'.

It is usually easier for a woman to get in touch and express her emotions. Although this is not always the case & some women do a very good job of suppressing their emotions.

It is crucial that any man or woman is able to get in touch with their feelings and emotions. This is a sign of a healthy integrated feminine energy in both men & women.

However, I can pretty much guarantee if you use this communication structure the other way round to the way I have described in this guide it will energetically feel 'wrong' for you both. At the very least it is unlikely to help keep the polarity intact.

This is because a woman is then putting herself in the position of having to solve any issue by adapting her behaviour and it will feel like she is mothering.

There needs to be a slightly different approach instead. Here is what I recommend:

- your partner is allowed to express how he feels IF he chooses (not as a result of you forcing or encouraging him to open up)
- your job is to listen & hold yourself in integrity in your body e.g. stay grounded
- most of the time you will not need to say anything but of course it depends on the situation. If your partner is experiencing painful feelings and emotions then I recommend saying something like the following "I am sorry you are feeling like that, let me know if there is anything I can do". In this way he is at choice.

Ideally your partner, when he is coming from his true power, will express himself and then either ask you to do something for him (but not in a dominating way) OR realise what he needs to do for himself or his relationship.

If he asks you do something in a non-controlling manner and healthy polarity has become a shared value for you both, then in my experience you will want to take action on his request. At the end of the day you, like him, want to be able to meet his needs. After all, the communication is designed to help you get your needs met. It is quite right that it would work



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the other way round. In fact you can try the idea of your partner asking you for certain things, or to do certain things. As long as this comes from the right energy, your desire to 'look after' him would then be satisfied in a healthy way, without you unconsciously anticipating his needs (which tends to come from unhealthy energy & thus can be irritating to him or enabling of bad habits).

This demonstrates how the same two behaviours can come from different energies: 1 from shadow & 1 from true power. The first will potentially create conflict, the second won't.

Cultivate A LOT of patience

As I mentioned earlier to try to be as patient as you can when waiting for a response from your partner.

Men often need time to think through their next steps. Even if you can see the answer & it is staring you right in the face, try not to rush in & rescue or lead him.

This can be highly frustrating, but **true feminine energy knows to wait.**
It takes 9 months to create a baby after all!

She knows that true genius, transformation & creation take time & she is willing to surrender to not knowing how things will turn out.

This is HOW you develop your ability to trust that you don't have to hustle or force things.

I got very used to the 'void' where nothing seemed to be happening.

I held myself & any tension that was building up & did whatever I needed to do to look after myself (this included calling in support from the divine masculine). Sometimes it felt agonising to start with but it actually served to create a lot of peace within me & my relationship.

I also used to 'out' myself verbally a lot when I knew I had fallen into the pattern of trying to lead my husband. I even asked him how my words had landed on him on occasions because I wanted to learn & get better at this type of communication.



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I certainly did not want to be a nag, to mother him or to be controlling.

One of the things that really helped was that I had such a strong value around being open & honest, I didn't care how many 'mistakes' I made or how foolish I looked. It was more important to me to be able to use communication that helped us connect more deeply & which didn't take us back to our default patterns of behaviour where I felt 'we' were stuck!

Now that I have come out the other side & know what a HUGE difference this all made to our relationship, those 'mistakes' & willingness to get 'messy', were the best decisions I have probably ever made.

This is essentially how you learn to trust yourself when it comes to love.

By allowing yourself to get things 'wrong' first.

This is how you get things right & how you start undoing the conditioned ways that hold you back & that keep you from showing your real self - the you who is willing to be vulnerable, honest & authentic.

This is all exactly why I don't give too many specific relationship tips out other than those that revolve around this type of communication. If I was to do that you could very easily end up trying to use them from the wrong energy & never be able to transform your love life.

It is crucial that you get to the point where you don't keep questioning yourself & needing to rely on other people such as friends, family or relationship 'guru's' online.

At some point you are going to want to rely on your own inner wisdom & guidance system, because this is exactly how you get to create a relationship that is based on a shared sense of values, freedom & harmony.

When you can hand on heart say that you trust yourself, you will KNOW that you have everything it takes to navigate any issue in your romantic life (more to the point, transform any issue) & all the issues that used to be a 'problem' will no longer be that big a deal.



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More often than not many of those issues will cease to exist, therefore allowing you, your partner & your relationship the freedom, love & connection it was meant to enjoy.

Conclusion

I hope this guide has not only given you some food for thought but also some useful tips to help you enhance connection, reduce conflict & enjoy greater freedom in your relationship.

Relationship communication should & can be very simple, as illustrated by the technique I have shared with you. Like anything new however, it takes practice. It is not supposed to be used in a rigid or controlling way, for e.g. in a way that comes across as 'we **MUST** use this structure **ALL** of the time!' It is essential that you are flexible & adaptable depending upon the situation. This is why I keep saying be open & willing to get it wrong. There really aren't any mistakes, only learning.

Approach it with a beginners mind. Also don't be afraid of admitting out loud where you go wrong. As a woman you will fall into your default patterns of leading your partner time & time again. Similarly, your partner will fall into his old habits & tendency to let you get away with it because many men operate with the 'anything for an easy life' type of approach.

His challenge is to not let you lead because then he is actually not leading himself, which is potentially quite disastrous for your relationship as it destroys any healthy polarity.

As a result **be prepared to hear a 'NO' from him.**

He may tell you to stop being a nag or being a bitch even, because it's highly likely you might be doing that. I didn't like it when my husband told me to stop speaking to him in a way that was actually derogatory (& I thought I was expressing what I wanted.....beware, this can easily be confused with telling your partner what you don't like about him!)

It was something that I really needed to hear. It made me stop, take a hard look at myself & think 'is this a deal breaker for me?' Funnily enough it wasn't.

What we want to create is a relationship in which both partner's are able to act from their true power much more often than not. Not a relationship where shadow is leading the way.



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Don't forget the best bit about this type of communication is that if you feel upset, hurt or scared by his actions or decisions you now have the exact structure to use to help both of you get back on track.

However, if you find that you & your partner still get stuck & keep reverting back to old ways it is important to know that you are both operating from your shadow rather than your true empowered selves.

The presence of shadow will always create sabotage & it is your challenge to remove as much of this as possible. When you remove a critical mass of shadow you will experience so much more freedom to live your life aligned with your values than ever before.

At this point shadow will still come up but you will be able to see it for what it is & not 'buy in' to the lies it loves to tell you (where it thinks it is keeping you safe but it is actually holding you back).

Next Steps

If you would like to know more about Shadow Work & learn how to prevent it from running your love life, so that you create more magic & far less struggle & conflict, I highly recommend my [online course Deeply Loved](#).

If you are keen to work with me on a 1 to 1 level for faster transformation, here is the link to schedule a complimentary call: <https://bit.ly/3mxLUYy>

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