



# Relationship Transformation Starts in Your Mind

MAY EVE

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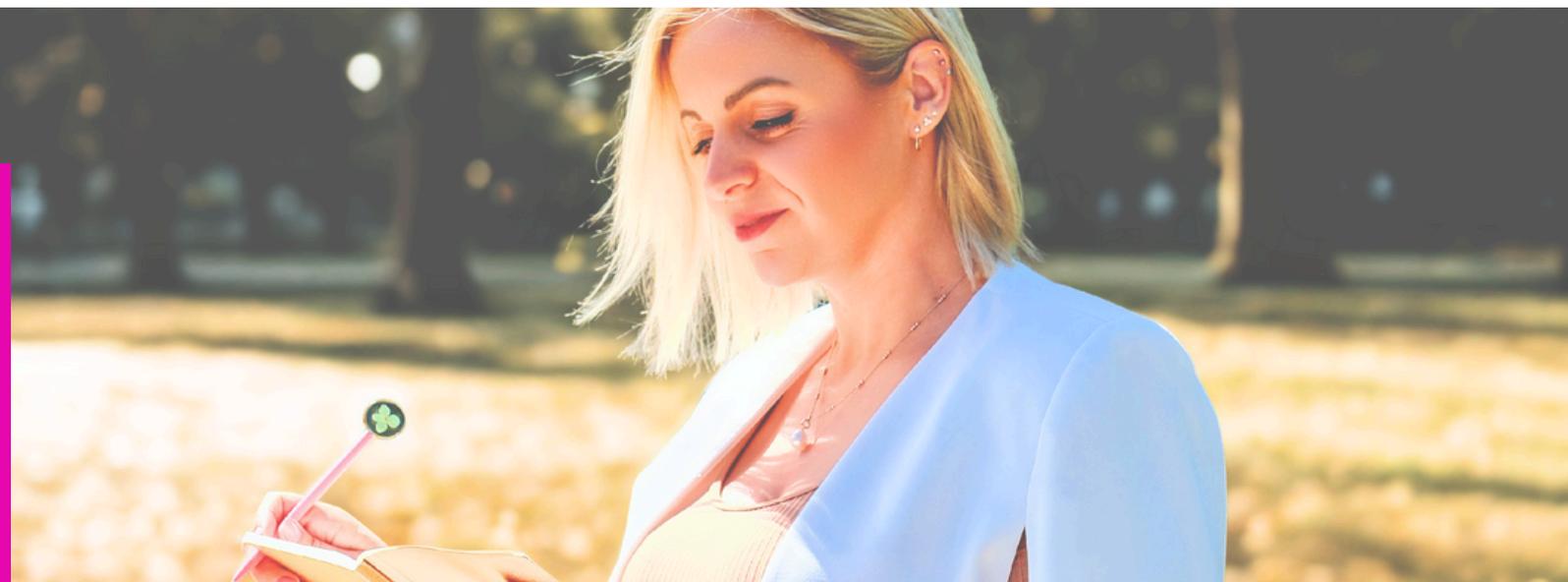
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# Welcome to The Relationship You Desire

Because soon, it will be yours.

Inside this workbook, you'll be guided through a collection of transformative practices—tools not just for understanding your patterns, but for reshaping how you relate, attract, and receive in your relationship.

These aren't surface-level strategies. They're *portals* to the version of you that feels magnetic, radiant, and deeply loved and desired.

Each tool is designed to help you reconnect with a quiet but undeniable power within yourself that has always known how to build true connection—genuinely, sincerely, and without self-abandonment.

This kind of inner shift doesn't just transform how you feel—it reshapes the entire energy between you and your partner, igniting a deep, ecstatic connection and a love that expands both of you.

## **Sounds too good to be true?**

Maybe—until you feel the shift for yourself.

Because something powerful happens when you don't just read the book—but begin to *live* it.

When you engage with the workbook with presence and honesty, you begin to embody the insights. You stop intellectualising change—and start becoming it.

And that's when the external shifts begin to mirror the internal ones. Sometimes almost overnight.

This is where transformation takes root.

*If you're ready to experience more affection, adoration, and devotion in your relationship and leave behind the days of feeling like an afterthought—then this workbook is for you.*

Each exercise in this workbook invites you to pause, reflect, and return to yourself.

- Notice what opens, what softens, what strengthens.
- Let the moments of insight settle into your body.
- Imagine how each shift can ripple into the moments you share with your partner.
- Revisit the exercises that awaken something in you. Some will become anchors. Others, quiet revolutions.

With devotion—not perfection—you'll begin to feel the shift not just in your relationship, but in how you experience yourself within it.

This path has already reshaped lives. Quietly. Powerfully. Sustainably.  
And now, it's reaching you.

**Are you ready to draw in the relationship you've been quietly longing for—perhaps for years?**

Then let's begin. To support your journey, I recommend printing this workbook so you can write directly onto the pages. If that's not possible, simply use a journal or notebook alongside the PDF. What matters most is that you stay close to the process.

Create a quiet space just for you—a space where no one needs anything from you, where you can meet yourself fully. Your presence is the most powerful ingredient in this transformation.

Each chapter builds on the last, in a carefully designed sequence. I encourage you to move through them in order—this is how real shifts begin to take hold, not only in your relationship, but in how you relate to yourself within it.

If questions arise along the way, I'm here: [support@mayevetraining.com](mailto:support@mayevetraining.com)

Thank you for saying yes to this work—and to yourself. It's no small thing to show up for your own growth, and I don't take it lightly that you've trusted me to guide you. I'm truly honoured to walk this part of the journey beside you.

*With love, May*



## A Gentle Introduction to Tapping (EFT)

Before we begin your first tapping practice, let's take a moment to understand what this technique is and why it's included in this workbook.

EFT (Emotional Freedom Techniques), or "tapping," is a therapeutic method that combines gentle self-touch with focused awareness.

You tap with your fingertips on specific acupressure points on the face and upper body while tuning into a thought, feeling, or memory that feels activating or distressing.

### How Does It Work?

Tapping is based on the understanding that unresolved emotional stress can disrupt the body's energy system.

When you bring your attention to a challenging thought or feeling while stimulating acupressure points, the nervous system receives the message: *It's safe to process this.*

This interrupts the stress response (like fight, flight, or freeze), and brings your body back into a state of calm and well-being.

Modern research shows that tapping:

- Reduces cortisol (the stress hormone).
- Emotional release and clearing painful memories.
- Reduced anxiety & overwhelm by calming the amygdala (the brain's fear centre).
- Rewiring old patterns by releasing old neural pathways and creating new, empowering ones.
- Greater self-compassion and emotional safety to move forward.

That's why you'll find short tapping sequences throughout this workbook—to support emotional release and integration, especially when you feel stuck, overwhelmed, or disconnected.

Whether this is your first time tapping or you're already familiar, simply follow along with curiosity. You don't need to "do it perfectly" to feel the benefits.

## The Tapping Points: Where and How to Tap

As we begin using EFT in this workbook, you'll be tapping on specific acupressure points on your upper body and face.

Tapping these points gently while focusing on an emotion or memory helps to release emotional charge and bring the nervous system back into balance.

You don't need to memorise them. Just follow along with the tapping videos, and your body will quickly get used to the rhythm.

The eight tapping points we use:

1. **Eyebrow.**  
The start of the eyebrow, closest to the bridge of the nose.
2. **Side of the Eye.**  
On the bone at the outer corner of the eye.
3. **Under the Eye.**  
On the bone directly beneath the eye.
4. **Under the Nose.**  
The spot between your nose and your upper lip.
5. **Chin.**  
Just below your bottom lip, in the crease above your chin.
6. **Collarbone.**  
About one inch below the hard collarbone, near the centre of your chest.
7. **Under the Arm.**  
About a hand's width below your armpit, on the side of your rib cage (bra strap line)
8. **Top of the Head.**



## How to Tap

- Use the pads of your fingertips, not your nails.
- Tap with two to four fingers, depending on the point and what feels most natural to you.
- Apply gentle pressure—enough to stimulate the point, but not so hard that it hurts.
- Tap each point around 5–7 times, but there's no need to count exactly.
- You can use one hand or both—go with what feels most comfortable.

Every word is designed to help you reconnect with your power, shift the dynamic, and create the connection, affection and devotion you want.

*This isn't just exciting... it's life-changing.*



◇ **EXERCISE 1: Giving Voice to What Was Left Unspoken** ◇

When we speak from the mind, we create emotional distance—both from ourselves and from others. We begin analysing instead of feeling, explaining instead of expressing. Over time, it becomes harder to access what we truly feel, what we deeply need, or what boundary may be quietly crossed.

The shift begins when we tune in. Not by asking *What do I think?* but *What do I feel? What matters to me here beneath the thought?*

This exercise invites you to revisit a moment when something within you was left unspoken. By bringing awareness to it now, you begin to reconnect with your truth.

This is your space to slow down, tune in, and let the insights land. Use these prompts to explore what's coming up for you. There's no right answer—only your truth, in this moment. Be gentle with yourself.

**Think of a recent moment in your relationship (past or present) where you didn't feel safe to fully express what you were feeling. What happened?**

*Describe the situation below.*



**Were you speaking from your heart—or analysing the situation from your mind?**





**What feeling or need was underneath your reaction?**

*Perhaps there was sadness, fear, longing, or a desire to be heard?*



**What story or fear came up around sharing it?**

*For example: "He'll pull away," "It'll make me look needy," or "I'll be misunderstood anyway."*



**If you could go back to that moment, what do you wish you had said or done instead?**

*Let your heart speak freely.*





## ◇ EXERCISE 2: *Decoding Your Inner Critic* ◇

Most of us respond to our critical voice without hesitation. The voice appears—and we follow its directions. We respond to its instructions as if they're facts, rather than learned beliefs. But this automatic reaction keeps us stuck in patterns that no longer help us create the relationship we want.

The first step toward freedom is to pause. To stop reacting, and start listening. When we take a moment to sit with the critical voice—not to silence it, but to understand it—we begin to unravel the deeper beliefs we've absorbed about ourselves and others.

Now, we have the opportunity to choose our next step, instead of reacting the way we always have and getting the same results we've always gotten.

We can gently challenge what the critical voice says, and begin to replace it with thoughts that are helpful, compassionate, and support us in creating the life and relationship we want.

The more we sit down and listen to what the critical voice actually has to say—rather than unconsciously responding and following—the softer the voice gets. We can listen to it with compassion, without following its instructions on what we should or shouldn't do.

This is your space to slow down and listen inward. Let each question guide you gently into deeper self-awareness.

You don't need to have all the answers—just let whatever comes up land on the page without having to analyse it.

**What does your critical voice tend to say about you—what you're allowed to have, your deservingness of the good things in life, and what's possible for you?**

*Let the voice speak honestly here. What are the messages it repeats most often?*



When you're with your partner, what does your critical voice say about what you should or shouldn't say—and what you can or can't do?

.....

Where might this voice come from; whose words or tone does it remind you of? Trace the tone or message. Is it familiar in any way?

.....

How might your critical voice be trying to protect you from potential pain, hurt, or disappointment? What is the underlying intention you think?

.....





### ◇ EXERCISE 3: *Uncovering the Lens: Beliefs About Relationships, Men & Self-Value* ◇

The way we see love, men, and ourselves in relationships is shaped by past experiences—childhood dynamics, early relationships, heartbreak, or even cultural messages we quietly absorbed. Particularly in moments when our emotional needs weren't fully seen, met, or validated by those we depended on most.

Many of these beliefs weren't consciously chosen, yet they continue to influence what we feel allowed to express—like voicing what we truly want—or how open we are to receiving love, compliments, help, or even gifts in a relationship.

These beliefs shape how much we allow ourselves to receive, subtly affecting our ability to be open to care, support, and kindness from others.

We can't truly welcome a healthy, emotionally present partner into our lives if—deep down—we don't believe we're worthy of that kind of love.

Many of us learned to disconnect early. As young girls, we adapted by striving for perfection, doing too much, or shutting down entirely. In the process, we became emotionally unavailable to ourselves.

And when we're unavailable to ourselves, we often tolerate partners who are, too—those who don't fully see us, choose us, or cherish us. Not because we want that, but because it feels *familiar*.

We tend to draw in relationships that reflect the way we relate to ourselves—whether that reflection feels nourishing or painful.

This exercise invites you to gently explore the lens you've been looking through. Is it rooted in truth—or in old survival patterns? And is it a lens you still want to keep?

**What's one belief or story you've carried about men, love, or relationships that might not actually be yours?**

*For example: "Men always leave," "Nothing worth having comes easy" or "Relationships never last." Write them down below.*





**Where do you think this belief comes from?**

*Was it shaped by your upbringing, early dating experiences, a painful breakup, or something else?*

.....

**What is the deeper message underneath this belief?**

*What does this belief make you feel about yourself—like you're not enough, that you want too much, or that what you want isn't possible for you?*

.....

**When you reflect on your dating history or past relationships, what thoughts come up about yourself?**

*What do those experiences lead you to believe about your ability to be loved, desired, or emotionally supported?*

.....



◇ **EXERCISE 4: *Becoming the Woman Your Dream Relationship Is Drawn To*** ◇

Before we can call in the relationship we desire, we need to connect with the feeling of it—what it would be like to truly live, breathe, and receive that kind of connection and love.

This exercise helps you tune into the sensory and emotional experience of your dream relationship, so your body and heart begin to recognise it as familiar and possible.

The more clearly we can feel what we want, the more naturally we begin to move, choose, and relate in ways that align with it.

Take a moment to settle in. Let your imagination guide you as you connect with the feeling of being in the relationship you truly desire—not just the big moments, but the quiet, everyday ones.

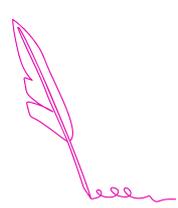
You're not trying to describe a perfect scene—just one that feels true to your heart. Let yourself explore without limits or judgment.

These prompts are here to help you embody the energy of what you long for, so you can begin to recognise it, trust it, and move toward it more naturally.

**What does your ideal relationship feel like—not just in the romantic highs, but in the quiet, everyday moments?**

*Think of the small things: how you greet each other, how you speak, how you feel just being around him.*





**Imagine waking up inside your dream relationship. What do you see, hear, and feel in your body?**

*Let your senses guide you—describe the atmosphere around you and within you.*

.....

**Are there any sounds, scents, or textures that stand out in this moment?**

.....

**What's in the air? Music, laughter, the smell of coffee, or something else?**

.....

**What kind of energy surrounds you in this relationship?**

How does your partner make you feel—physically, emotionally, and energetically?  
Does it feel safe, playful, grounded, exciting, tender?

.....



◇ **EXERCISE 5: *This Is Where Your Relationship Begins to Bloom*** ◇

Every thought we feed is like a seed we water. Some grow into self-trust, openness, and deep connection. Others quietly pull us away from ourselves, draining our energy and dimming our capacity to receive adoration and affection.

This exercise invites you to bravely bring awareness to where your energy has been going—especially toward thoughts, fears, or patterns that feel heavy or draining—and begin reclaiming that energy by redirecting it toward what grounds you, nourishes you, and strengthens your sense of inner safety and self-value.

You don't have to force anything to bloom. You only need to stop watering what doesn't grow you.

**What thought, belief or pattern have you been giving too much energy to lately?**

*Think of the stories that loop in your mind about men, love, joy, ease, success or your worthiness of it all.*

.....

**How does that thought or belief feel in your body?**

*Does it feel heavy, tight, draining? Where in your body do you feel it most?*

.....

**When in your daily life do you most notice this thought showing up?**

*Is it around certain people or when you're alone?*

.....



**What would it feel like to stop feeding this thought with your attention?**

*What might shift in your energy, your presence, or the way you relate?*



Now turn toward the version of you who feels inspired and empowered in her life—the one that feels loved, adored and desired when connecting with men.

**What does that look and feel like?**

*Describe what it would feel like to be in a relationship that doesn't make you question your value.*



**What's one small action you could take this week towards that version of you?**

Maybe it's setting a boundary, dressing in a way that makes you feel radiant, taking yourself out on a solo date, saying no without guilty feelings, journaling each morning, or expressing your needs instead of holding it in. Choose something that feels like a “yes” in your body.



◇ **EXERCISE 6: *The Feminine Reset: Anchors for When You Feel Off-Centre*** ◇

There will be moments when you feel disconnected, off-track, or emotionally overwhelmed. This practice is here to gently guide you back to yourself.

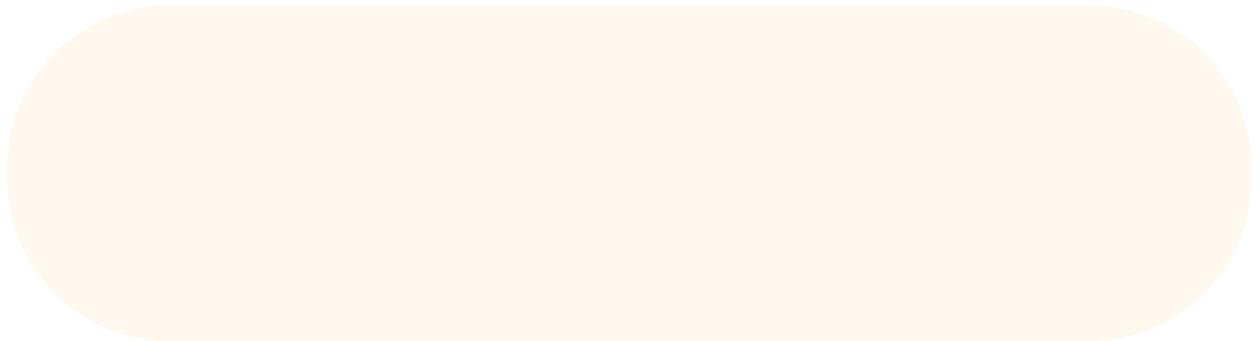
This exercise introduces feminine anchors—small, sensory reminders that help move you from doing into *being* and from giving into *receiving*.

These anchors don't need to be dramatic. Even something as small as putting on your favourite perfume, wrapping yourself in a soft scarf, or sipping tea from a beautiful mug can bring you back to the version of you who feels grounded and alive.

When we return to this energy, we return to the part of us that draws connection in—not through effort, but through *magnetic presence*.

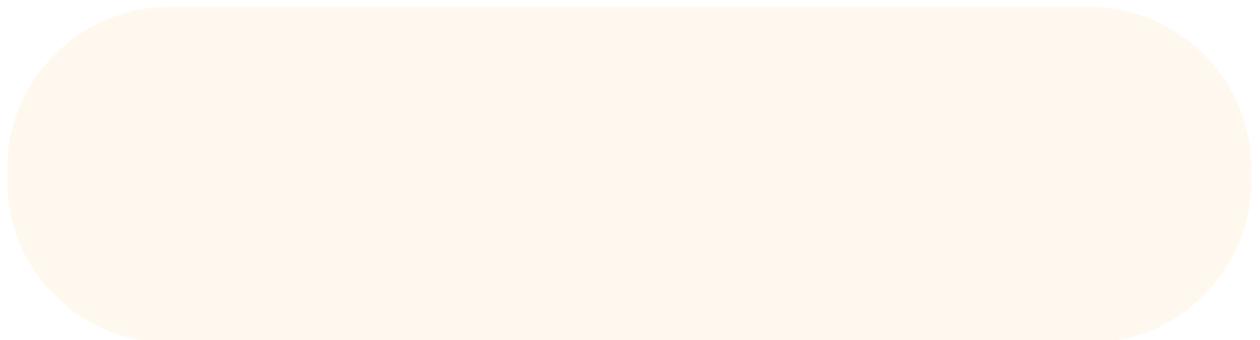
**What small sensory cues help you feel grounded and connected to yourself?**

For example: wearing soft fabrics, a calming scent, a piece of jewellery, a candle, warm socks, a silk hair tie, using your favourite lotion, or music that slows down your breath.



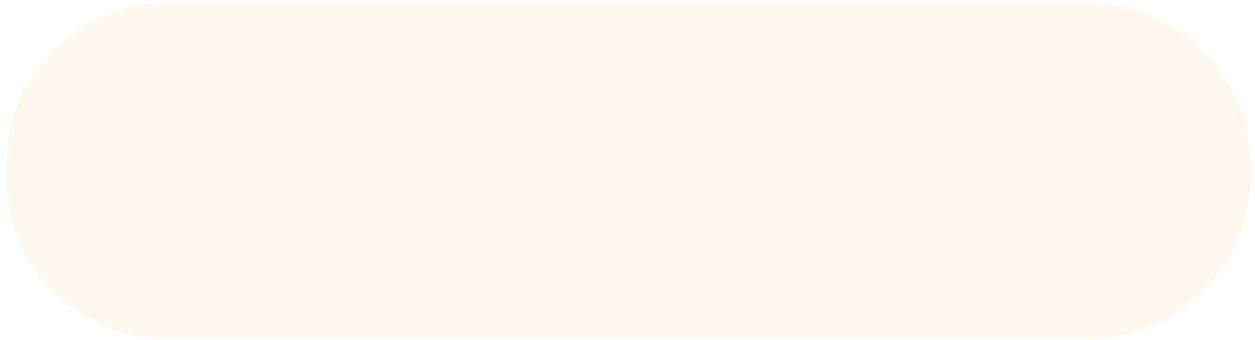
**What would it feel like to be loved just for being you—not for what you do, but simply for who you are?**

Imagine being loved and adored even in your stillness. Let your body describe that feeling.



## What would it feel like to love yourself for being a woman?

Take a moment to notice what that brings up in your body—warmth, softness, pride, power, tenderness?



Now, choose one thing that reflects that feeling.

Maybe it's the scent of your favourite perfume, a red lipstick, cosy loungewear, golden hoops, or fresh flowers on your windowsill.

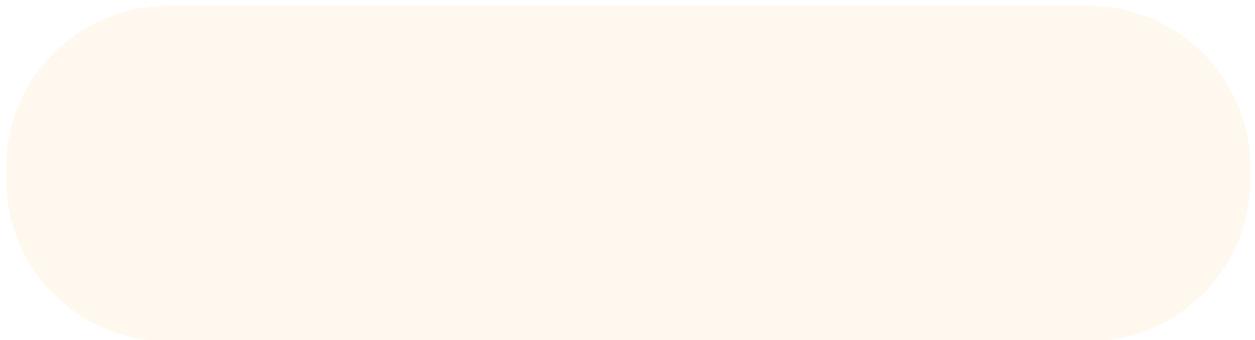
Write it down here:



Let it be a **daily reminder** of that inner connection—an invitation to drop out of your head and into your body and a doorway to a better-feeling state.

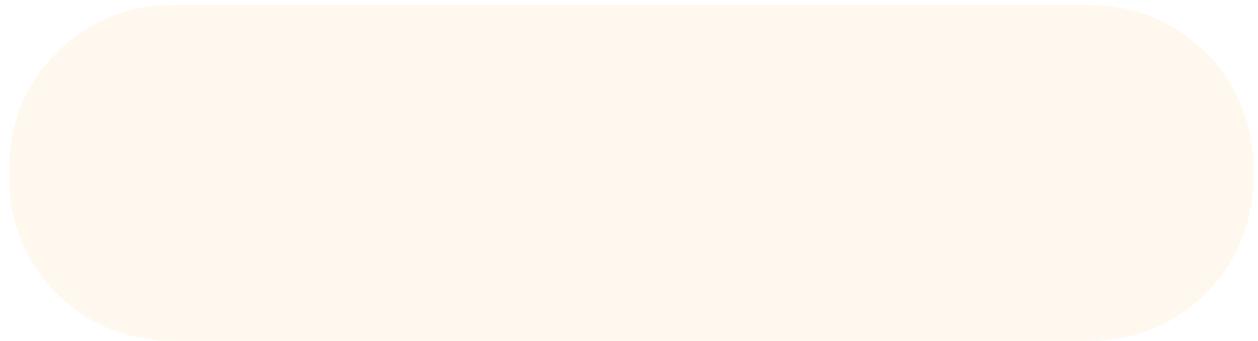
## Now ask yourself: What feels womanly to me?

What speaks “woman” to me and lights me up on the inside? It could be the sound of your heels on the floor, the soft texture of silk on your skin, or wearing something flowy and feeling the breeze move around you as you walk. Write it down below.



## What physical anchor could I use to remind myself of this part of me?

It can be as simple as putting out a lipstick next to your bathroom mirror in a colour that you like, adding a soft blanket to your couch, or wearing a necklace that makes you feel beautiful. Something you see or touch each day that brings you into a blissful moment of being.



## A Gentle Reminder

Each time you connect to what feels womanly, joyful, or true for you—you take a baby step toward a *better-feeling place*.

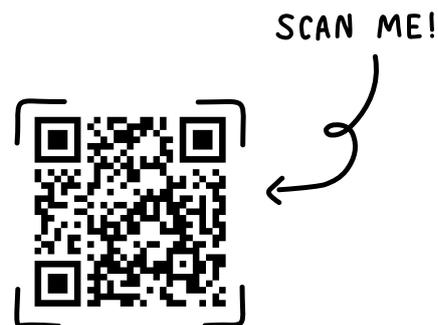
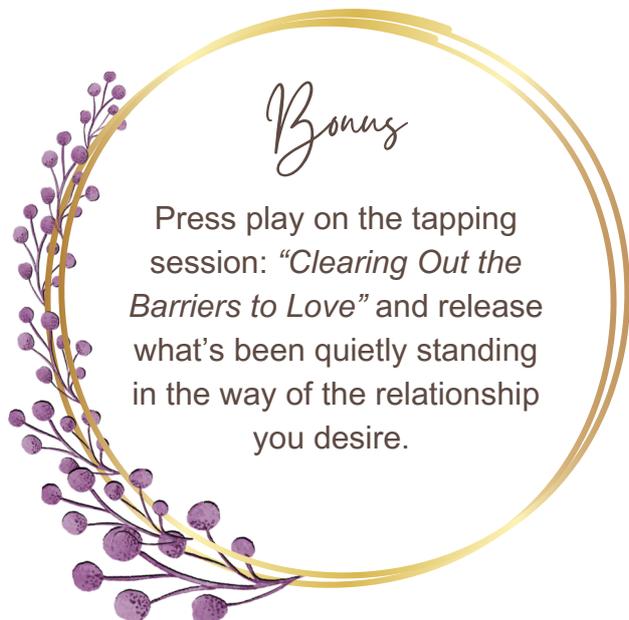
As you rewire your mind in the direction of connection, love and presence, your critical voice may try to pull you back into old patterns.

That's normal.

You don't need to argue with it or fight it. Simply notice the voice.

Thank it for trying to protect you. And remind yourself: I'm in charge now. I get to choose what I act on.

Let your feminine anchors guide you back to your centre—again and again.



◇ **EXERCISE 7: *The Love Life of Your Dreams*** ◇

A Guided Journey into What's Truly Possible for You

This is a playful, imaginative practice designed to help you connect with the version of your relationship that feels deeply aligned, expansive, and yours. You don't have to figure anything out—just close your eyes, listen to the voice guiding you, and let yourself feel whatever comes up for you.

I'll guide you step-by-step with gentle questions. You don't need to force answers—simply notice what images, sensations, or feelings arise. If nothing comes up right away, that's completely okay. This is about creating space for new possibilities to reveal themselves.

You can return to this practice anytime you want to reconnect with your desires, soften into receiving, or reset your energy around your relationship.

- Now listen to the guided exercise: "*The Love Life of Your Dreams*." Keep your workbook near so you can write down any reflections that arise after the exercise on the next pages.

Access the exercise here:





Take a moment to settle back into the feeling of the guided journey.

Let the imagery, feelings, and sensations you experienced rise to the surface—there are no right or wrong answers, only what felt true for you.

**How did it feel to do this exercise?**

*Was it fun? A little unfamiliar? Did anything surprise you?*



**Do you remember any specific colours, textures, scents, or details that came up during your perfect day with your ideal man?**

*Maybe a scent in the air, the colour of the sky, or what you were wearing.*



**What was the energy like between you and your partner?**

*Describe the feeling in the room, the unspoken connection, or how your body responded to being near him.*



**What does your ideal partner do for you that makes you feel loved?**

*How does he speak to you? What does he say? What do you imagine he says about you to his friends and family?*



**What do you feel for him?**

*Where do you feel it in your body? Does it have a texture, colour, or shape?*



**What Matters Most**

Now look back at everything you've written. Gently choose four moments or experiences that felt the most meaningful, nourishing, or exciting to you.

These don't have to be big declarations—they might be the softest details.

For example:

*"He makes me laugh with the silly nicknames he gives me,"*

*"He looks into my eyes and I instantly feel safe and adored."*

Whatever comes up for you, write it in the left column on the next page.





| The four experiences I desire most in my relationship are: | Symbolic shortcut |
|--|-------------------|
| 1.   | 1.                |
| 2.   | 2.                |
| 3.   | 3.                |
| 4.   | 4.                |

### Symbolic Shortcuts

Now that you've named the four relationship experiences that mean the most to you, it's time to take it one step deeper.

Go over each of those moments again—slowly. As you recall each one, notice if an image, symbol, or simple fragment comes to mind. It might be a gesture, a glance, a word, or even a shared silence.

Let's say you wrote, *"He takes my hand, looks into my eyes, and says, 'Hi beautiful.'"*

The symbolic shortcut might be *"our eyes meeting."*

There's no right or wrong here. Just choose whatever feels meaningful for you. Write down the shortcut for each experience in the right column.

These shortcuts will act like *tiny keys*—quick, powerful reminders that reconnect you with the energy of love, joy, and possibility.

You can return to them anytime. They help reroute your focus from fear to desire and from old wiring to new opportunities.

Because here's the truth: your mind doesn't know the difference between a real and an imagined blissful moment.

So why not start feeding it the kind of moments you want more of?

## If Old Patterns Surface

If you noticed any heaviness during the guided exercise—perhaps you were pulled back into memories of pain, rejection, or longing—pause for a moment.

That's your old wiring trying to pull you down a familiar road. You don't have to follow it anymore. Instead, gently turn around—literally. Stand up or shift in your seat and turn your body in the opposite direction. Let this movement mark a shift in energy. As you do, say to yourself, out loud or in your mind:

“I choose to focus on what I desire.”

Then place your attention on something that feels good:

- **One of your symbolic shortcuts**
- **A feminine anchor in your space**

This is how we begin to *rewire* our mind and body toward the relationship and life we desire.

Not by force—but by choosing again and again to feed the experience we want instead of the one we're trying to leave behind.

In the beginning, it might take conscious effort. But with time, you'll feel the shift.

And as your mind learns what bliss, joy and safety feel like, it will start guiding you there more naturally.

If certain memories, painful moments, or old hurt continue to resurface—know that you're not doing anything wrong. Healing isn't always linear, and the heart often circles back to what still needs care.

In this workbook you will get access to guided tapping practices to help release the emotional weight of those memories and create more space for safety, softness, and connection in your nervous system



◇ **EXERCISE 8: *The Invisible Load*** ◇

Before we can shift the dynamic in our relationships, we need to become aware of the roles we've unconsciously taken on—the ones that quietly weigh us down, even as we keep moving, giving, and holding it all together.

This isn't about blame or self-judgment.

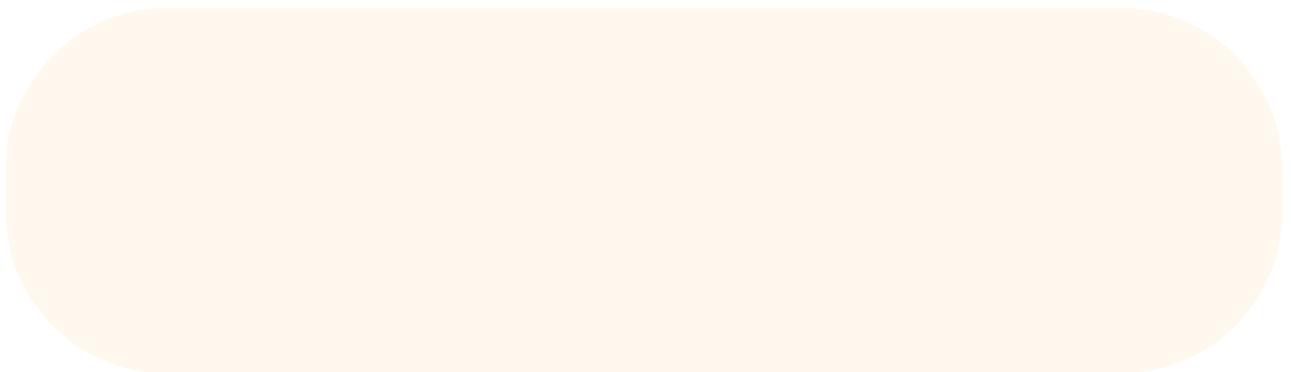
It's a gentle, honest look at how you've been showing up—and where you might be ready to soften, receive, and allow more space for connection, support, and devotion to emerge.

This is your invitation to take a breath... and release what was never yours to carry.

Let's have a look at the reflection prompts below to find out where you might be carrying more than your fair share in the relationship.

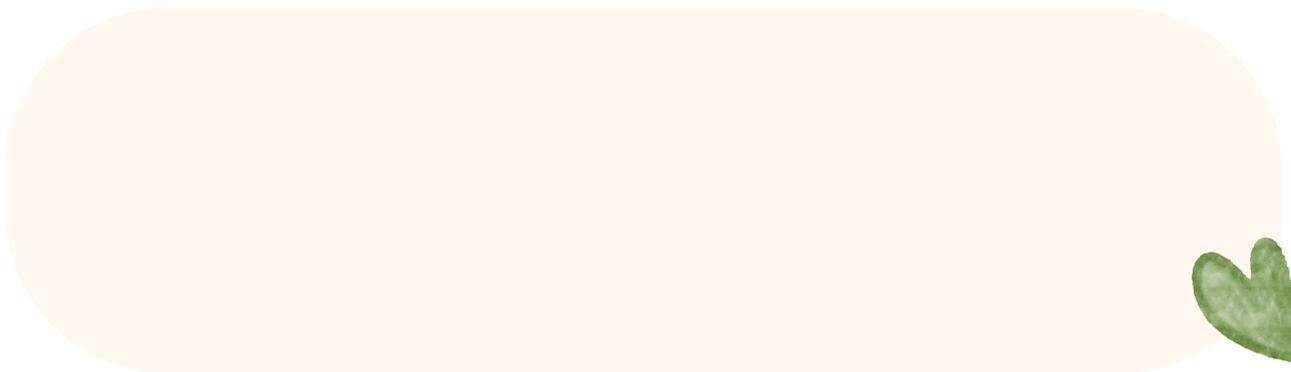
**Where in my relationship (past or present) do I find myself taking the lead—whether it's initiating conversations, planning date nights, managing the to-do list, running errands, organizing the home, or making sure things get done?**

Take a moment to write down the roles you take on without thinking, and notice how it feels in your body when you do.



**When do I allow myself to simply receive?**

Affection without earning it? Help without apologising? Compliments without brushing them off? Gifts without feeling guilty or indebted? Care without needing to immediately give something back?





**When something feels heavy or uncertain, do I allow myself to feel it fully, or do I tend to shift into analysing, problem-solving, overexplaining, or staying busy to avoid feeling what's really there?**

A large, empty, light orange rounded rectangular box for writing.

**When I picture myself at my most radiant—centred, magnetic, fully alive—what am I allowing? What am I welcoming? What am I finally letting go of?**

A large, empty, light orange rounded rectangular box for writing.

◇ **EXERCISE 9: *Tapping Into Your True Feelings*** ◇  
A Guided Practice to Come Closer to What's Really There

Let this practice gently lead you beneath the surface—beyond the analysing, explaining, and managing—and into the truth of what's really alive within you.

Let's take a moment to gently check in with ourselves.

When you bring your relationship to mind, what emotions come up for you? Is it frustration? Hurt? Loneliness? Anger? Grief?

There's no need to judge what arises—just notice.

**How intense are the emotions when you think of your relationship on a scale from 0 to 10?** 0 means you feel none of these emotions, while 10 indicates you experience them intensely.

Rate it here:

▶ Now watch the video: "*Tapping Into Your True Feelings.*" Follow the instructions, then return to the workbook afterwards.

You can access it here:



**After the video, check back in with how you're feeling now and measure the intensity on a scale from 0-10.**

Rate it here:

**Now gently ask yourself: What am I feeling right now?**

If nothing comes up at first, keep asking—patiently, like you're waiting for something sacred to reveal itself. Your answer might arrive as a word, a wave, or a whisper in your body. Let your attention rest on the sensation.

.....



**Where in your body do you feel it?**

*Is it in your chest, belly, throat, or somewhere else entirely?*

.....



**Does this sensation have a colour, a shape, a texture, or even a temperature?**

*Let the image form without trying to make it perfect. You're not doing this with your mind —you're feeling your way through.*

.....

Now ask the sensation a simple question:

**“If you could speak, what would you want me to know?”**

Write down whatever comes up:

.....

◇ **EXERCISE 10: *Giving a Voice to Feelings of Overwhelm*** ◇

This practice invites you to slow down and gently tune in to the part of you that feels like it's carrying too much—too many tasks, too many thoughts, too many feelings.

Instead of pushing past the overwhelm or trying to silence it, you'll be guided to give it a voice.

To *hear* it. To *feel* it. To *understand* what it needs.

You don't have to fix it—just listen. This is where softness begins.

Now let's start by giving a number to the intensity of your overwhelm at this moment.

**How intense are your feelings of overwhelm on a scale from 0 to 10?** 0 means that you feel none of these feelings, ten means that you feel it intensely.

Rate it here:

- Now watch the tapping exercise: "*Giving a Voice to Feelings of Overwhelm*." Follow the instructions in the video. After the video, return to the workbook and rate the intensity again.

You can access the tapping session here:



**Now check back in with how you're feeling and measure the intensity on a scale from 0-10.**

Rate it here:

Let's think of our emotional capacity like a bucket. Every demand, stressor, expectation—even the tiny, seemingly insignificant ones—adds a drop to that bucket.

At first, it might not seem like much. But over time, drop by drop, it begins to fill. And if we don't pause to release, rest, or reset... it spills over. That's when we snap, shut down, or feel like we just can't take one more thing.

This exercise is an invitation to tune in before the overflow.





**So let's pause for a moment and ask yourself:**

- How full is my bucket right now?
- Are you feeling depleted... or dangerously close to spilling over?

Start gently observing what's been filling your bucket—drop by drop.

It might be the little things, like the dishes left in the sink again. Or the bigger, ongoing patterns: being the one who always remembers what's missing, plans the meals, keeps the household—or the relationship—running. It all adds up.

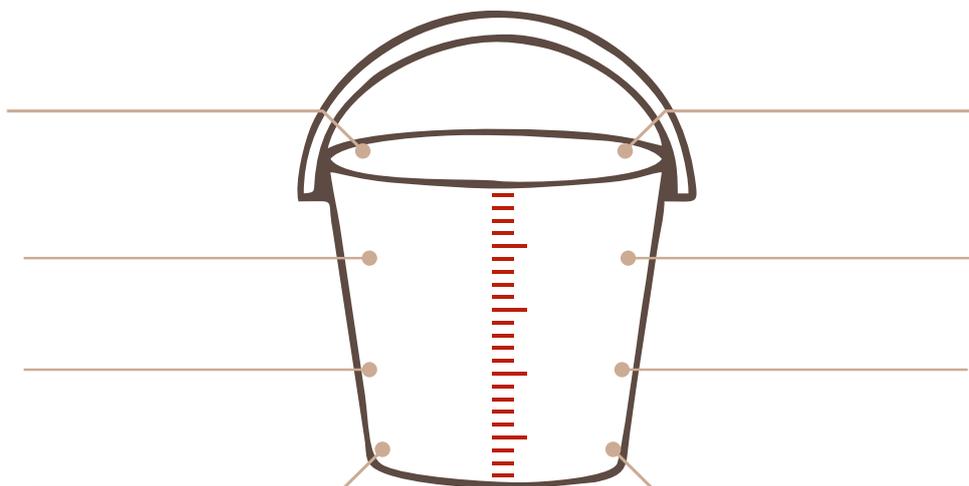
What's been weighing on you lately, even if it felt too small to name?

Write down on the lines the

- events
- tasks
- thoughts
- emotions
- conversations
- worries

that have been adding to your feelings of overwhelm.

Nothing is too small to name. Feel free to grab a separate sheet of paper if you need more space to write.



If your emotions were water in a bucket, where would your current level sit? Would it be low and steady—or already close to the edge?

Draw a horizontal line on the bucket at the previous page to mark where you are right now. Maybe your bucket is brimming. Maybe it's quietly half-full. Whatever it looks like today, observe it without judgement.

Now... imagine fitting a small tap at the bottom of that bucket. A gentle *release valve*.

Because soon, you'll begin to let some of that emotional weight flow out. Not by exploding in anger or making him wrong, but by expressing yourself in a way that deepens connection and inspires him to offer his support.

When done from a feminine energy place, your truth doesn't push your partner away—it pulls connection in. It opens the door to an ecstatic connection and for you to feel seen, supported, loved and desired within it.

Let's explore how to open that tap and how to create simultaneously a powerful invitation to deepen your relationship.

Go back to your list of things that have been slowly filling up your bucket. Choose **one** of them for now. Something that stands out. Something that stirs something in you.

For example:

*"Most evenings, I end up cooking dinner. He appreciates having a warm meal when he gets home—it's something he looks forward to. But honestly... I don't enjoy cooking. It often feels like an obligation, not a choice. And some part of me wishes he'd notice that"*

Close your eyes for a moment and picture that scene. Really let yourself feel it.

Now I'm going to ask you something simple—but powerful:

**What feeling does this bring up for you?**

Give that feeling a voice by finishing one of these sentences:

- I feel \_\_\_\_\_
- I'm feeling \_\_\_\_\_
- It feels \_\_\_\_\_

If you want your partner to truly hear you, keep it simple. Resist the urge to overexplain or ramble—simply name the feeling you're experiencing, whether it's mad, sad, glad, or bad.

Now, let's explore how to bring this into conversation with our partner in a way that draws him in and inspires him to care for our feelings, needs, and desires.





When expressing how you feel to your partner, stop yourself when you start making him at fault or start telling him what he should do or could have done. Because when a man feels made wrong, his instinct is to pull away—not lean in. For many men, the idea of being seen as wrong in your eyes is simply unbearable.

**But when you speak from your feelings, and say what you want—without making it about him—you create the kind of emotional safety that draws him closer.**

So for example:

- ✗ I feel bad that you are always leaving the cooking up to me
- ✓ It feels bad that the cooking has become my responsibility

Nine times out of ten, this is all it takes to inspire your partner to come close and find a solution—genuinely and lovingly.

When he hears you expressing your feelings in this way, something shifts in him. He wants to make it better. He wants to see you happy because when you're happy, he feels good about himself too.

Of course, there may be times when you're not content with how things are. You might long for something different... or crave more of what's already there. And that's okay.

By expressing your feelings in a way that draws him in rather than pushes him away, you give him the opportunity to show up for you.

And when a masculine energy man feels trusted and invited in, he'll go above and beyond to meet your needs—because your happiness becomes something he's deeply invested in.

**I want you to do this...**

**I feel bad because you...**

**You are so...**

*"I wish you could be more understanding to my situation"*

*"I would like to spend more time with you"*

*"It feels so bad when you are playing video-games every night!"*

*"You are so lazy/ignorant/bad with planning."*

Instead, you could express it like:

**I feel / I'm feeling / It feels...**

**I want / I would like...**

**I don't want...**

*"I feel frustrated dealing with so many things at this moment"*

*"It feels so good to be with you" (when you are with your partner)*

*"I would like to go here / see this / have that some time"*

*"It would feel so good to go to that restaurant / see a movie / have sex"*





## ◇ Exercise 11 – *The Magnetic Shift: Inviting Him Into Leadership* ◇

Let's practise Loving Negotiation on paper before talking to your partner—so that you can feel more relaxed and confident.

Start with something simple, like deciding what movie to watch or what to have for dinner. We don't want to overwhelm ourselves (or him!) right away, so save the bigger negotiations for later. Go gently. Once you've built more trust and ease with this process, you can bring it into deeper areas of your relationship.

The Loving Negotiation process is simple but powerful. Imagine the two of you playing a soft and steady game of catch.

### **You begin with the ball:**

- ▶ You express how you *feel*.
- ▶ You add what it is that you want.
- ▶ You pass the ball to him by asking: *"What do you think?"*

### **Now it's his turn.**

Maybe he already has a plan. Maybe he says *"I don't know."* That's okay. The ball is back with you.

### **You respond:**

*"What I don't want is \_\_\_\_.  
What do you think we should do?"*

### **He proposes a solution, or an idea.**

He might be saying something like:

*"Maybe we can try this..."*

### **Now you have two options:**

- If it feels good to you, you can say: *"That would feel good."*
- If it doesn't feel right, you say: *"I don't want to do that, I would like \_\_\_\_ (restate what you want). What do you think?"*

And back it goes to him. That's **one round**.

Try to go as many rounds as needed—tossing the emotional ball gently back and forth—until you land on a solution that truly feels good to you and can say yes to.

Loving negotiation is not about winning. It's not about being *right*. Loving Negotiation is

about staying in the room. About co-creating connection—through presence and emotional truth—and allowing him to rise into offering solutions.

Let's practise it in writing below.

**Choose a simple topic you'd like to practise with** (e.g., dinner plans or how to spend the evening). Write it down here:

.....

**When thinking of this situation, how does that make you feel?**

.....

**What does the feeling tell you about what you want? What would feel good to you?**  
*Express what you want or would like.*

.....

But for this to truly work, there's something important to remember:  
You'll need to stop yourself the moment you slip into control mode.

That means pausing before saying things like:

- X "I want you to do this."
- X "You should be doing it that way."
- X "If you don't, I won't talk to you."

Statements like these might seem clear in the moment, but they land as controlling.

They signal to your man that you don't trust his ability to figure it out on his own—and that makes him feel belittled and inadequate. Like nothing he does will ever be good enough.

And that... is how we unknowingly push our partner away.

**But what if he doesn't come up with a solution?**  
Or what if the solution he offers doesn't feel right to you?



**You simply stay in the process:**

*Restate* your feelings.

Express again what you don't want.

Sometimes, the solution doesn't come as quickly as we'd like.

And trying to force one only creates pressure. Pressure that tells him you've stepped into doing and fixing... into your masculine energy.

So instead of engaging in a solution, he will shut down or withdraw—not because he doesn't care, but because he no longer feels invited to contribute.

Instead of pushing, take a deep breath.

*Lean back.*

Give him space to think and figure out a good solution for both of you.

This is how we invite leadership, by leaning back and allowing him the space to step up and make things happen.

This is how we inspire him to come close and build a deeply connected and ecstatic relationship rooted in mutual trust and emotional truth.





◇ **Exercise 12 – Unhooking from Overgiving: The First Step to Reclaiming Your Time, Energy, and Emotional Space** ◇

This exercise helps us recognize when we feel driven to take on tasks he can easily handle, fix things for him, or constantly keep the relationship moving forward—whether it's planning romantic getaways, solving things inside the relationship or running his errands.

It gently encourages you to recognise what you're ready to let go of, so you can start saying no from a place of unshakable self-value.

We often turn to overgiving and overdoing in our relationships because we believe it will bring us more love, closeness, and connection.

*"If I just do this for him, maybe he'll do the same for me in return..."*

*"If I give a little more, maybe he'll show up the way I want..."*

But the truth is: masculine energy men don't fall in love with the woman who constantly takes charge.

They fall for the woman who knows her value, expresses what she wants and won't tolerate, and allows space for him to impress and pursue her.

When we give with a hidden agenda—hoping that if we give more, he'll return the favor—a masculine energy man can sense it.

And it doesn't feel inspiring to him.

In fact, it feels slightly off. A little desperate. That kind of giving doesn't draw him in—it creates distance.

Let's have a closer look at the different ways of overgiving on the next page.



Overgiving shows up in many forms, for example:

- Initiating contact and plans
- Cleaning or organising things for him
- Reminding or managing his schedule
- Being the one who talks about the relationship
- Offering advice when he didn't ask for it
- Saying "yes" when your body says no

The first step to shifting this is awareness.

When you begin to see where and why you've fallen into your masculine energy, you open the door to something different—something softer and far more magnetic.

Because becoming irresistibly attractive isn't about doing more—it's about leaning back.

It's about creating space, and allowing a man the opportunity to come toward you and to make you his, time after time.

This allows you to receive his actions of adoration and affection and see who he truly is through his actions.

To a masculine energy energy, what he does defines who he is.

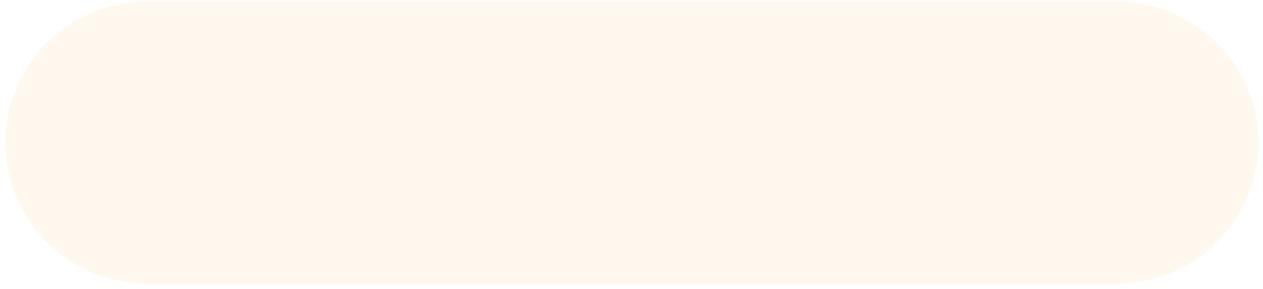
When we overfunction in the relationship, we unknowingly take away his opportunity to embrace his masculine energy, along with the respect and appreciation he gets by doing things for us. Not only that, we also take away his chance to feel good about himself and his ability to make us happy.

**Where do I notice myself overgiving, overfunctioning, or overdoing in this relationship (or in past ones)?** What things am I doing for him when he hasn't even asked me to do it?

Write down tasks, actions, habits, and moments where you tend to take over.



**How does it feel in my body when I give from this place? Tense? Exhausted? Resentful? Or maybe unseen?**

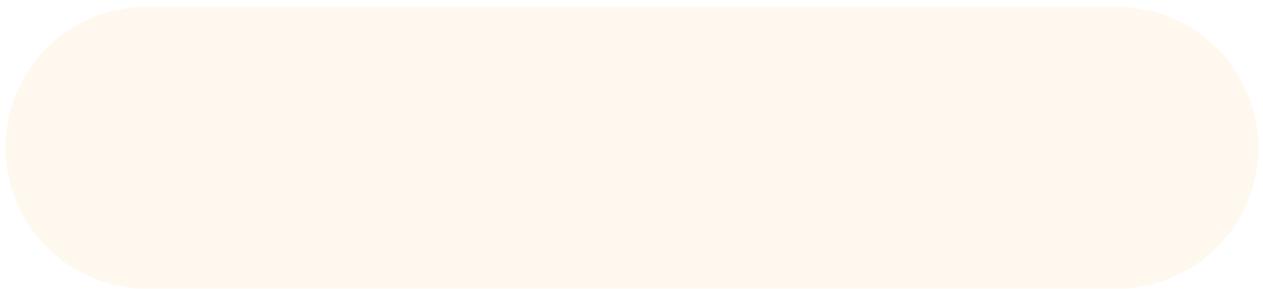


Imagine, just for a moment, that instead of running his errands or doing things for him, you were cherished simply for who you are.

**What would that look like? What would your man say to you and do for you to make you feel valued and respected for you just being?**



**What are you doing for your man or your relationship even though you don't like it or you don't want to?**



**What are you tolerating in your relationship that isn't feeling good to you?**



## Is there something you deeply want but talk yourself out of?

*Explore the desire and the inner dialogue that tends to shut it down.*



There's a difference between taking responsibility and doing everything. Ask yourself: where do I truly need to be involved—and what can I let go of?

In dating, someone has to plan the evening. In family life, someone needs to handle the school run, the judo pick-up, the dishes, and the dog. But that someone doesn't always have to be you.

Let your partner step in, let the kids help, or hire a cleaner—even for just a few hours a week. Find a student to walk the dog.

Yes, things might not be done your way, but that's okay. It's a powerful practice in letting go, receiving support, and stepping out of overfunctioning. The world won't fall apart—you'll just feel more free.

## Where in your relationship do you genuinely want to be involved—and where are you managing, fixing or overfunctioning just to make sure things get done?

*Use the columns below to clarify what is truly yours to hold and what you can gently start to release.*

**Urgent- and important things that I  
want to be involved in**

**Non-essential or unimportant things  
that I don't need to be involved in**



Take a moment to review your list of things with **non-essential or unimportant things** you no longer need to be involved in.

What do you need to say no to from now on?

Pick three things from your list that you will say no to this week. Write them down below.



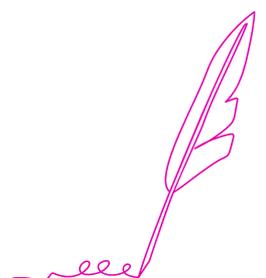
Date:

Three things I want to say no to this week:

1.

2.

3.





◇ **Exercise 13 – From Control to Connection: A Feminine Reclamation** ◇

So often, we slip into control without even realising it, like texting to check in what he's up to, holding back our feelings to keep the peace, or doing things for him so he won't feel stressed—even if it stresses us out.

It's a protective instinct, shaped by past experiences.

But control, even when well-intentioned, can quietly close the door to genuine connection.

This exercise invites you to begin softening that grip gently and step by step.

So ask yourself:

What do I fear would happen if I let go of control?

Now, let's take it a step further.

**What things am I currently saying or doing to try and control him, the relationship, or the outcome?**

These behaviours are often subtle.

Think about what you do or say in order to feel safer, more certain, or giving in order to receive something in return—like approval, attention, reassurance, or affection.

Write them down on the next page.



Five things I say or do to control him, the outcome and the relationship:

1.

2.

3.

4.

5.

Now we're going to gently reflect on how much of a hold these behaviours have on you.



In the boxes at the end, assign each one a number based on how attached you feel to it in this moment.

- 1 – Feels easy to let go of
- 2 – Feels more ease than resistance
- 3 – Feels difficult or uncomfortable to release

Once you've assigned your numbers, take a moment to notice your 1s and 2s. These are the ones that may already feel lighter—habits that are easier to loosen your grip on.

Which ones are those for you? Write them down below.



◇ **Exercise 14 – Tapping Into Your Personal GPS System** ◇

This exercise is about reconnecting with your own inner compass—your intuition, feelings, and embodied wisdom. Often, the answers we seek outside of us already exist within us. We’ve just been conditioned to tune them out.

Let’s begin recalibrating your internal guidance system.

**When thinking about speaking your truth, what creates the most negative reaction for you? Pick one below:**

- My date or my man
- My relationship or my marriage
- How I feel about myself

**How intense are your feelings and tension when thinking about telling your truth on a scale from 0 to 10?** Ten means that it triggers a strong negative feeling, zero means that it does not trigger a negative reaction at all.

Rate it here:

- Now watch the guided exercise: “Overcoming the Hurdles in Your Love Life.” Follow the instructions, then return to the workbook afterwards.

You can access it here:



**At the end of the exercise, check back in with the intensity you’re feeling now. Give it a number on a scale of 0-10.**

Rate it here:

You can return to this exercise anytime you want more clarity about what’s causing tension for you and how to move past it—so that you can express your truth with more confidence and clarity in your relationship.



## ◇ Exercise 15 – *The Polarity Repair Map* ◇

### The Five Patterns That Disrupt Polarity and Damage Connection

When polarity breaks down in a relationship, it often begins with subtle shifts in energy. Instead of embodying trust, openness, and receptivity, we move into control, correction, and protection.

For example, if your pattern is counseling, you might say something like:

*“Maybe you should go to bed earlier instead of gaming, so you feel fresh tomorrow for that job interview you have.”*

It’s not about whether you’re right or not, it’s about the energy you bring. Giving him unasked-for advice is like saying: “I think I know better.” And what he receives is not care, but a sense of being belittled.

The five common patterns—criticising, judging, suggesting, persuading, and counseling—can slowly erode polarity, leaving both partners feeling unseen, defensive, and disconnected.

### **From the Island of Control to the Sanctuary of Receptivity**

This exercise helps you shift—right here, in the moment—from managing the relationship or trying to influence your partner’s actions, into an embodied state of deep connection that leaves you feeling loved, adored and desired by your partner.

As you soften control and turn inward, you begin to move from the Island of Control toward the Sanctuary of Receptivity, where connection deepens through emotional honesty and presence.

From this place, your energy naturally invites care, presence, and devotion.

To begin, ask yourself:

**Which of these tendencies am I leaning into right now?**

Circle or highlight one that feels **most** present at this moment:

*Criticising*

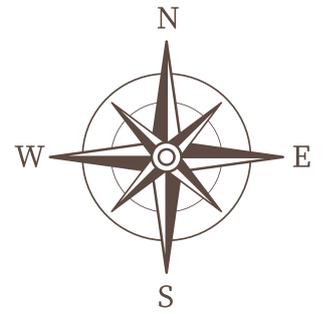
*Suggesting*

*Counseling*

*Judging*

*Persuading*

Now let’s have a look at the next page to start the journey that turns tension into desire and effort into magnetic connection.



**START HERE:**  
The Island of Control



**What's happening in this moment that's activating the pattern?**

**What words want to come out of your mouth right now?** What actions are you already reaching for, almost without thinking?



**What is it that you actually need in this moment?** Is it clarity? Reassurance? Support?

**What is the underlying feeling that drives this pattern?** e.g. fear, worry, frustration



**How can you express that need in a feminine energy way?**  
*I feel / I'm feeling / It feels  
I would like / I don't want*



**The Sanctuary of Receptivity**



You've just made the journey from control to connection—gently turning inward instead of trying to fix him or the relationship.

**Take a moment to reflect:**

- What shifted in you as you moved through these questions?
- How did it feel to express your feelings without making him at fault or telling him what to do?
- What part of you felt softened, seen, or surprised?
- What do you want to remember next time this pattern shows up?

Polarity is repaired not by making him wrong or strategising your way to connection and affection—but by returning to trust, spaciousness, and self-leadership.

This map is your starting point.



## ◇ Exercise 16 – *The Belief Detox* ◇

### Releasing the Stories That Keep You Feeling Unloved and Undesired

We all carry beliefs—some we planted with intention, others were sown without our awareness. Over time, certain beliefs take root that no longer nourish us.

They might have once kept us safe or made sense in a former season of life... but now, they're pushing away the very connection, love, and freedom we long for.

These hidden narratives keep us stuck in overfunctioning, control, or emotional over-responsibility.

By bringing them to light, you create space to relate with truthful expression, softness, and emotional freedom—inviting the kind of relationship that honours your feelings, meets your needs, and exceeds even your deepest desires.

This exercise is your opportunity to name those beliefs, trace them to their roots, and gently decide what no longer belongs in your internal garden.

Ask yourself:

What beliefs do I hold about men in general—and about my man specifically—that might be keeping me stuck in a state of feeling exhausted, unloved, and undesired?

These might be thoughts like:

*“Men never follow through,”*

*“He wouldn’t know what to do without me,”* or

*“If I don’t hold it all, everything will fall apart.”*

It’s not about whether these are objectively true—it’s about noticing what you’ve come to believe, and how that belief quietly shapes your words, your energy, and your relational dynamic.

Let’s begin to release what’s been holding you back—so your new story can grow.



## 1. Identifying the Weeds

We all carry quiet labels and assumptions about our partners—especially in moments of stress, frustration, or emotional distance.

These labels often arise unconsciously, shaped by our own nervous system, unmet needs, or the emotional state of the relationship.

They tend to whisper beneath the surface when we feel disappointed or stretched too thin...

...when we're trying to hold it all together  
or when something in us longs to be met more deeply.

Sometimes, these beliefs flare up in conflict. Other times, they slip in silently during the small, everyday moments—when he forgets something, pulls away, or doesn't respond the way you hoped he would.

### Take a moment to tune in and name them.

- What do I currently believe about him?
- What are the thoughts or stories I tend to attach to my man—especially in moments of frustration, disappointment, or emotional distance?

These beliefs might sound like:

*"He's selfish."*

*"He doesn't really listen."*

*"He'll never change."*

*"He doesn't care enough."*

*"He wouldn't know what to do without me."*

*"He always lets me down."*

Now, let's go a little further:

- When I feel hurt, what do I automatically assume about him?
- What's the label I silently attach to him when he doesn't show up the way I hoped?
- What do I start believing about him when I feel emotionally alone or unseen?
- Is this belief something I've thought before—in past relationships, or even in childhood?

These beliefs may feel emotionally true in the moment but they are not the whole truth. They are signals. Stories. Protective patterns.

And now, you get to look at them with fresh eyes.



## 2. Gently Pulling Out the Roots

Every belief has an *origin story*. Some were absorbed in childhood—through what we witnessed, what we were told, or what was never said at all. Others formed in response to heartbreak, betrayal, disappointment, or abandonment. In moments when we didn't feel held, we formed stories to help us make sense of that pain—and to protect ourselves from ever feeling it again.

Beliefs like:

*"If I don't lead, nothing will happen."*

*"It's easier to do it myself than to be disappointed."*

*"If I express what I really feel, I'll be seen as needy or dramatic."*

*"I have to tone myself down to keep the peace."*

*"He can't handle my emotions."*

*"I have to be the strong one."*

*"I shouldn't need reassurance—I should be able to handle this on my own."*

*"If I soften, I'll lose control."*

*"He won't show up unless I make him."*

But these stories, once protective, can become the very thing that blocks us from receiving the care and closeness we long for now. So for every belief, ask yourself:

- Where did this belief come from? When did this story first take root in me?
- Were you ever left to figure it out on your own—again and again—until it felt safer not to need anyone at all? Did you learn early on to be the strong one—caring for younger siblings, soothing a parent's pain, or staying quiet so as not to cause more trouble? Perhaps you witnessed one parent quietly holding it all together while the other disappeared into work, silence, or their own pain.
- What story was born in that moment—about yourself, about men, about what love requires of you?
- And are you still carrying it, even now?

Let your truth rise without judgement. Not to blame or to dwell. But to understand. Because once you can see where the root began, you can begin to loosen its hold.

This is not about reliving the past—It's about reclaiming the power you gave to a belief that no longer fits the relationship you want, with your partner and with yourself.

### **The Hidden Cost of Overgrown Stories**

Even the quietest beliefs shape the way we show up. You may not say them out loud—but they live in your words, your body language, your reactions, and the way you protect your heart.



This part of the process invites you to pause and gently uncover how those old stories are shaping your relational energy. Are they helping love grow—or silently keeping it at arm's length?

Let yourself move through the prompts below slowly, one at a time. There's no need to judge what you find. Just notice. Be curious.

- How does this belief show up in the energy I carry into the relationship? Does it make me take charge? Overfunction? Mistrust? Shut down? Do I find myself anticipating his shortcomings—or guarding against disappointment?
- How are these labels shaping the words I speak to him?
- What do I do—or hold back—because of what I believe about him? In what ways do these beliefs come through in the way I try to direct him—telling him how to show up, how to love me, “forgetting” what he asked for to express my dissatisfaction without words, or my need to be right?
- Where do I hold back from expressing my feelings, revealing my desires, or receiving love because part of me fears I won't be met or that I'm too difficult to be with?
- What is the real cost of holding this belief—on my heart, my connection, and my energy?

Let these questions open the door—not to blame or regret—but to truth. When you can see the impact of your beliefs, you also reclaim the power to shift them.



### 3. Returning to Compost

Some stories have run their course. They've served their purpose, kept you safe, or helped you feel in control—but now, they've become heavy. This step isn't about fixing or fighting the belief. It's about laying it down. Letting it return to the soil, where it can decompose... and eventually become something that nourishes new growth.

You don't have to force this. Just breathe and name what you're ready to stop carrying.

#### **What belief, label, or old story are you ready to release?**

1. Write it on a piece of paper, as clearly or messily as it needs to be.
2. Find a safe space—outside, in a fireproof dish, or by candlelight—and burn it as a symbol of release.
3. As the paper turns to ash, you can say out loud or in your mind: “I let this go now. I trust what's growing in its place.”
4. Watch it dissolve. Feel the space it leaves behind. Let the old story return to the soil. Let it be compost—rich in wisdom, but no longer weighing you down.



#### 4. Sowing a New Truth

What new truth are you choosing to plant in its place?

Something rooted in self-value, possibility, and the knowing that staying in connection with your partner and receiving love doesn't have to be earned through effort.

Let it be a truth that *expands* your capacity to receive.

Here are a few possibilities to inspire you:

*"I don't have to earn love—I just have to let it in."*

*"It's safe for me to be seen and held."*

*"Love can feel easy, even for me."*

*"Why not me?"*

*"I am worthy of being cherished, just as I am."*

*"I'm more than enough."*

*"I no longer have to carry it all to feel safe."*

*"Letting go doesn't mean losing—it makes space for more."*

*"It's safe to let go and receive."*

Now take a moment to feel into the possibility of this new truth. Let it settle into your body.

- How would your body soften if this truth felt safe to live in?
- How might your words, body language, and presence begin to shift?
- What would your relationship feel like if you moved from this truth more often?
- What does this truth need to grow? Patience? Practice? Permission? Support?



## You Did It!

You've reached the end of this journey—and what you've just moved through is something truly meaningful.

You chose to pause, to reflect, and to face what's been quietly shaping your patterns in the relationship.

You met yourself with honesty and softness.  
That's not easy—but it changes everything.

Now, the invitation is to take what you've uncovered and gently bring it into your real life.

In the way you speak, the way you respond, the way you receive.  
Let it integrate one moment at a time.

Thank you for saying yes to your healing, your wholeness, and your relationship.

And thank you for letting me walk beside you in this process. I know your trust is precious, and it's been a true honour to hold space for you.

*With warmth and care,  
May*



### Want to connect?



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