



AVOID A RELATIONSHIP MELTDOWN

RELATIONSHIPS ARE NEVER EASY AND ALL TOO OFTEN COUPLES FIND THEMSELVES GRADUALLY LOSING TOUCH WITH ONE ANOTHER, OR SIMPLY IMPLODING IN THE HEAT OF AN ARGUMENT.

Avoiding a relationship meltdown requires good communication with your partner, but sometimes that's easier said than done and being a good communicator doesn't come naturally to everyone. So what can we do to dodge the dreaded, "It's not you, it's me" line?

WE SPOKE TO ONE OF THE UK'S TOP TANTRA TEACHERS AND RELATIONSHIP EXPERTS JAN DAY TO HEAR HER THOUGHTS.

Couples have to be open and honest in that vulnerability. A misuse of power, forcing each other to do things (doing things sexually out of guilt, or giving sex in order to get love) is inappropriate. Those relationships don't build anything they destroy. Sometimes people do things because they want to make their sex lives more exciting and excitement is something that happens early on in a relationship. It often happens when we're young. Exciting sex is teenage sex and it doesn't usually build long term relationships. If people are looking for excitement they're usually going in the wrong direction; they are trying to go back to when they were a teenager. Excitement isn't maintained long term. The different kind of sexuality maintained through intimacy (and it really does have a different quality) may have exciting moments but it's not because we're going out to get excitement, it's because it arises naturally. They're trying to force excitement because that's what they had when they were 18, or at the beginning of the relationship. I think that's a mistake that usually makes people close up, rather than open up."

Words: Michael Anjos

Jan Day



"The strongest thing in a relationship is two people that are willing to see and accept each other, without trying to change one another and that starts with honesty and communication and sharing their feelings. It's about being in an alliance together, being a "we" rather than an "I". One of the worst things a couple can do is to start blaming everything on themselves or each other. Another mistake a lot of people make is confusing sexuality with intimacy. You can be very intimate without being sexual, just as you can be very sexual without being intimate; but I think the best thing for a couple's sex life is for them to be both sexual AND intimate, then it's a loving sexuality but it can still be exciting and adventurous and other things, but it's emerging from love - that requires intimacy and that requires vulnerability.

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