

Preserving Bliss

How To Create And Maintain
A Happy Relationship

by
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Part I – Intro

1. Who Am I?

My name is [Casey Friday](#), and I run the show over at [caseyfriday.com](#). I'm on a constant quest to find and share the secrets of happy relationships. Whether it's a dating tip, a connection revelation, or a solved love mystery, I want you to be as happy in your relationship as you can possibly be.

Why would I care about your happiness, you might ask? I have a theory that if more people were happier more often, the world just might be a better place to live in. You see, when people are more focused on the things they love rather than the things that aggravate them, it shows. Also, happiness is contagious. So if I help you find happiness, and you help someone else find happiness, the world is more enjoyable for all of us! That's why I care about you.

These words are my experiences and experiments in communication, love, and connection. I have both succeeded and failed at many things, so hopefully by using

my advice, you'll be able to skip straight over to the success part! However, don't be afraid to mess up! Trying without succeeding is better than not trying at all.

You can find out more about me at my personal website. If your curiosity still isn't satiated, drop me a line at casey.friday@gmail.com!

2. Why Is A Relationship Important?

We go throughout life looking for satisfaction through many different mediums. For some people, their work brings them pleasure. For others, it's travel. Some find satisfaction from their possessions. Some value experiences. Although these differ individually, they can all be magnified the same way.

When you buy something new, what's your first instinct? When you accomplish something big at work, what's your first

thought? When you create something amazing or go somewhere awesome, what do you want to do with your experience?

You want to share it! The things we find most enjoyable in our lives are made even more enjoyable when we share them with someone else.

We are giving beings by nature. When something goes wrong on a family, local, or even national level, our first instinct is to give. Give aid to a family member in a time of need. Support a local business, even when times are tough. Help a community rebuild after a disaster. We build ourselves up by building others up. It's only natural that we are able to magnify our own personal pleasures by sharing them with others.

Although we are primarily prone to take action only when it seems action is necessary, we need to fill the remaining void as well. The times that feel like everything is coasting along smoothly are the prime times for giving full effort. Being there for your significant other at *all* times, versus

only the hard times is what makes a mediocre relationship *awesome*.

The most effective way to enhance our own happiness is to share it with others. Creating a powerful relationship with another person can take your enjoyment of life to an entirely new level. The tools I'll share with you will support a constant stream of happiness in your life. A strong relationship is a crucial part of increasing your enjoyment of life.

3. Why Have A Happy Relationship?

This seems like a ridiculous question, but it's not, and I'll tell you why. There are many people in relationships for the wrong reasons. Maybe something went awry long ago, and they're simply sticking it out now for financial reasons. Perhaps they find the pain of fixing things greater than the potential pleasure of a happy relationship.

You already know why a relationship is

important, but why bother with a *happy* one? In theory, if you're sharing all of your personal joy with a compatible partner, your relationship *should be* a happy one; however, fear can sometimes drive success into the ground. A common example stems from (even minuscule) arguments.

When your significant other says something that you interpret as anger or disappointment, there are usually two customary responses. Either you respond with anger, or you display defeat. Anger is used as a defense mechanism. *It can't be my fault, and how dare you assume that?!* It is often premature and unwarranted, but it feels good and it's easily accessible. Exhibiting self-defeat is an action based on fear. You fear your significant other will think you aren't taking him or her seriously unless you appear emotionally affected. Often, this leads to excessive moping and a large lack of communication. You fear that if you exude confidence, it will be received as condescension.

During some of my weaker moments, I have

suffered from many a lack of communication. There were times my significant other (Jessica) would ask a question, like, "Are you sure you want to get burritos for dinner?" I would immediately blow things out of proportion and assume *You think I intentionally picked something for dinner that you don't like, just to spite you, don't you?* It's ridiculous, isn't it? In actuality, Jessica was simply asking a question. That's it. No hidden agenda. It's important to get past our initial assumptions and realize what's really being communicated.

What if you skipped both of these approaches completely? What if you were to instantly clear up misinterpretations? How would that feel? You would skip out on quite a bit of unnecessary – and even absent – communication. You would slash the bad times and bolster your happiness instantly. Not only would you have a better relationship, you would be maximizing your personal happiness. Less relational stress = more personal happiness. *That is why you should want a happy relationship.*

4. Personal Requirements

The advice in this e-book is not for everyone. If you aren't really interested in your significant other, but you want to make your time together happier, this won't work for you. If you're staying in a relationship for personal gain, this won't work for you. **Love is a choice.** Giving your love to someone requires sacrifice. There is no magic pill that will undo a couple's incompatibility.

This e-book assumes the presence of a largely healthy relationship. If you've ever thought that you and your partner are drifting apart, the passion is gone, or you simply aren't connecting the way that you envision couples should be, then this ebook is for you.

There are some relationships that are simply not compatible. Two people can be poisonous or toxic for one another, and even the greatest amount of effort won't change that. If you are in a poisonous relationship, the best thing to do for

yourself or another person is to end it. But most relationships are not like this. Nearly every relationship can be improved upon with effort and effective communication. The willingness of both partners is what determines this success.

All relationships require the work and commitment of two people, but the moments of change happen in an instant. If you are reading this book, then you are likely the person wanting to make that change.

What does it take to create and preserve bliss? You have to want it. You have to be willing to give yourself what *you* need, in order to give what your significant other needs. If you can't surrender to yourself, you can't surrender to someone else. You have to listen to yourself and act on what you hear, if you want to create an extraordinary relationship.

So is your heart in it? That's basically the only requirement for pursuing a blissful connection. If your heart is in it, you're in

it, and you're ready to win. Now let's take a look at the tools you'll need to really shine.

Part II - Tools

5. Listening Skills

One of the most important aspects of any relationship is the ability to listen. Listening is not simply hearing words - it's remembering and using what you hear. Listening shows that you are genuinely interested in your significant other.

To be a world-class listener, you need to [pay attention to the things that sound insignificant](#). I call these the 'clues.' When your significant other says something like, "Those flowers sure are pretty," it's prime time to practice your listening skills. Another example is, "My friend told me about an experience he/she had, and it sounded awesome!" Whatever the clue is, write it down!

A normal response to the previous two comments might be, "Yep, those flowers sure are beautiful," and "That's awesome that your friend had such a good experience." And most of the time, it ends at that. The clues are never brought up again, and this is where we usually fail at

listening.

The key to effective listening is memory. Once you have paid attention to the clues, you have to hold on to them. A good rule of thumb is to keep these tidbits internal for about one month. When you can remember the small things for a month, you're well on your way to listening mastery.

A few months ago, Jessica mentioned that she was excited about her favorite band releasing a new album. I checked their website every day for three months, until they announced the release of a single from their new album. The instant it was available, I purchased it as a gift for her. It was a small gift - only ninety-nine cents. However, the three-month watch for new content was worth much more than the dollar I paid for the single. This is the type of listening you want to start practicing.

Listening Mini-Tasks

- ✓ Sign up for artist alerts for your SO's favorite musician.
- ✓ Discover the identity of your SO's favorite candy bar/cookie/ice cream
- ✓ Find out what your SO's favorite food is and plan to make dinner
- ✓ Walk through the flower section at the store with your SO and find out what she likes
- ✓ Figure out what your SO's hobbies are

Listening Follow-Up Tasks

- ✓ Buy your SO a new single/album from your SO's favorite artist
- ✓ Give your SO his/her favorite candy bar/cookie/ice cream
- ✓ Make dinner for your SO
- ✓ Buy your SO some flowers
- ✓ Do something to enhance one of your SO's hobbies

SO = significant other

6. Element Of Surprise

Why should you become such a fantastic listener? To add the [uncertainty element](#) to your relationship. When you're not actively working to keep the element of surprise at your fingertips, your routine will become predictable. When your relationship has been predictable for too long, it becomes boring.

To keep things lively, you have to combine your listening skills with personal action. A good surprise is one that you've known about for a while. The longer you wait between the time you acquire the clues and act on them, the better your surprise is. However, you don't want to wait too long. This waiting time is called the anticipatory period.

For example, if your clue is that your significant other is interested in a movie, you won't want an anticipatory period of more than about three weeks before setting up a movie date. However, if your clue involves out-of-state, or even out-of-country

travel, you have a bit more time to act. I would give out-of-state travel about two months and out-of-country travel three to four months of an anticipatory period.

Don't worry about getting the timing exactly right every time. The point of using surprise is that you are putting forth a solid effort to show your significant other that you care. This alone will boost the quality of your relationship. Once you've done it a few times, it will become an exciting new part of your display of affection.

Surprise Mini-Tasks

- ✓ Leave a note in the fog of the bathroom mirror.
- ✓ Compose sidewalk chalk messages/pictures
- ✓ Brew your SO a cup of coffee/tea/cocoa and leave a sweet note next to it
- ✓ Turn down the covers of the bed
- ✓ Leave napkin notes in the lunchbox
- ✓ Announce a surprise massage session

7. Confidence Through Communication

Good communication is rare in relationships today. Many couples struggle not because of what they say to each other but because of what they don't say. A bad line of communication can be the downfall of any relationship. The good news is that even if you're struggling with it now, you can change the way you communicate instantly.

Start by saying what you're thinking - all the time. Are you happy to be in the same room as your significant other? Say it! Are you glad you have someone to relate to? Say it! Did you think about the love of your life while you were away today? Relay the story! Too many times, we think our thoughts are implied. Throw that thought out the window! If you're in love, let it be known!

Once you've started verbalizing the good times, it's time to verbalize the bad. You

need to make even more haste with this one. When something bothers you, sort it out *immediately*. Don't wait until a 'convenient time' - do it *now*. When you communicate instantly, you rule out initial interpretation. Maybe that comment wasn't meant the way you interpreted it. Maybe that laugh wasn't patronizing. Sort it out immediately, and eliminate the guesswork.

Raw, immediate communication will open up new areas in your relationship. When you aren't spending time worry about miscommunication, you're focusing on the things that matter. For example, maybe you told a joke and didn't receive a laugh in return. Your significant other might have been focused on something else at the moment. If you instantly bring attention to the matter, perhaps by saying, "You didn't laugh at my joke :pouty face:," there's an extremely high chance that you will receive the return you initially wanted, and you won't spend the rest of the night feeling down on yourself.

When you dwell on things, the negativity

magnifies. Negativity grows exponentially, so nip it in the bud when you see it rearing its ugly head! If you don't feel comfortable about something, talk about it! If you're bothered by something, discuss it! The key is to get these issues out in the open because holding them in will only cause more problems.

Proper communication shows confidence. When you communicate openly, you display your confidence in yourself and your opinion. You need this in order to succeed in a relationship. When you feel completely open internally, you can allow yourself to be completely open with someone else. Be confident in who you are, and share it with who you love.

8. Consistency

All of this would be useless if you did it once and never again. Don't stop at one win. When you make your sweetie happy, let it fuel you to do it again! Giving the gift of surprise is one of the greatest feelings you'll

ever experience, and you'll completely want to do it again.

Consistency shows dedication. Your significant other will notice this and give you even more love in return. Don't mistake consistency for repetition. Predictability is different than consistent surprise. When you're always at the top of your game, providing a constant stream of surprise, your affection is instantly apparent.

True love is formed with hard work *and* adoration. It's not just the infatuation that will carry you along. In fact, if you only rely on infatuation, you're in for a surprise of your own. Think about the other things you're passionate about. **When you really love something, you pursue it relentlessly.** The same is true of your relationship. If you really love your sweetheart, don't ever halt the pursuit of bliss.

If you try something special, and it is not as warmly received as you would like, **don't**

give up! This is perhaps the most important lesson I can impart to you. When you try, mess up, and try again, your efforts will not go unnoticed. Once you've gotten over the fear of failure, the sky is the limit. Do not give up. Do *not* give up. No matter what happens, keep giving it your all.

Part III – Return On Investment

9. What Can You Get From A Happy Relationship?

So now you have the tools to take your relationship to a new level, but what are they good for? Why would you want a happy relationship? Obviously, extra happiness never hurts anybody, but what else can you take from this?

A healthy relationship will boost every other area of your life. We naturally want to share our successes. When you have a great day, the first thing you want to do is tell someone about it. It takes work to make a relationship great, but once it gets there, the built-in benefits are endless.

When you are able to communicate openly with your significant other, you become true best friends. You are no longer afraid to go into territories previously layered with trepidation. Instant, raw honesty is the key here, and it's a beautiful thing, when used properly.

10. What's In It For You?

You're on your way to making your sweetie the luckiest person in the world, but what will you have to show for it? Newton's third law states that for every action, there is an equal and opposite reaction. When you throw a tennis ball against a wall, the wall pushes the ball back to you. When you give genuine, concentrated love to your sweetheart, he/she will push you to continue by giving you love in return.

Bliss is not a one-way road. If you are giving everything you've got, you are going to receive. Personal development rarely goes unnoticed. As you sharpen your listening, surprise, and communication skills, your significant other will thank **YOU** in many ways. You will receive thanks in the form of love, more open communication, and a warmth that can't be described in words.

Now start listening for clues, add some surprise to your routine, and open *all* the lines of communication. Do it for your

honey. Do it for you. Do it well! Don't ever give less than 100%, and don't ever neglect yourself! When you take care of yourself, you take care of those around you. Cook up your own recipe of bliss, and live with passion!