

## Relationship Dynamics

By Robert Burns  
Motivational  
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The second factor—intellectual stimulation—is a result of common interests that you can talk about. Conversation flows easily because the two of you have similar tastes, hobbies, interests, and experiences.

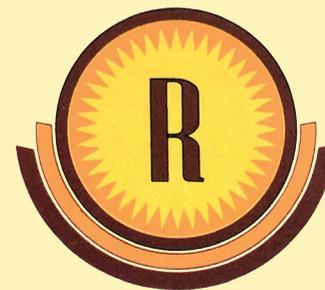
These are just two of the elements of long-term relationship success. If you focus on these in your relationships, you can smile because you're off to a great start.

Physical attraction often is the main thing that pulls couples together, and yet it is not the glue that makes the relationship last. It takes at least two other factors to cement two people together for either a long time or a lifetime: intellectual stimulation and emotional trust.

These factors, along with common interests and goals, are important in long-term relationships. If the relationship is only based on physical attraction (the wrapping paper), what happens when the paper tears and you begin to realize it was being used to hold yesterday's garbage?

That's why it's best to take the time to discover what is inside a person prior to becoming physically and emotionally involved...so you can build emotional trust—the first important factor. This means you feel comfortable sharing your thoughts and feelings without fear of judgment. In other words, you can open your heart to the other person and know it will be handled lovingly. When you are both headed in the same direction emotionally, you'll feel at peace with each other.

*Bob Burns is a Master Clinical Hypnotherapist and Master Practitioner of Neuro Linguistic Programming (NLP), working with clients one-on-one to overcome addictions. He has created many subliminal recordings to help people quit smoking, maintain healthy weight, manifest abundance, and think positively, as well as study skills for students. Bob is a public speaker on the topic of NLP and has had his own radio show with the Hunterdon County Chamber of Commerce in Flemington, NJ. Bob has also been a guest on over 200 radio shows worldwide and is a published author.*



## Robert Burns

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