

Marriage:

A passionate tango or are you dancing on ice?

Life coach CAROLYN CURTIS has advice for those struggling with the demands of a long term relationship

LOVE inside a long-term relationship can take many different twists and turns and it's very important to maintain your own core strength.

The most important thing is to keep on dancing as a couple. The 'dance' is equivalent to 'communication' and unless there is communication, the dance cannot continue.

Remember, every perfect dance has taken many hours of practice and even when you think that you have the rhythm going great, every day is a new dance. Every day is a new beginning.

We all remember that beautiful sensuous tango in the film *Scent of a Woman* where Al Pacino plays a blind retired Lieutenant and dances with the beautiful Gabrielle Anwar.

This is a very sensuous, sexy and romantic dance. Although blind in the film, Pacino asks this woman out to dance on an empty dance floor in a restaurant of a hotel and

she allows him to lead her in this spellbinding dance of love and passion.

How does this work? It works because he treats her with respect and gentleness and is not afraid to lead the way through the darkness.

It works because she allows herself to trust him and lead her in this dance of love. It is a dance that makes the woman feel loved, wanted and cherished and it is a dance that allows the man to feel strong, even in the face of adversity (his blindness), as the woman follows his lead.

He is the master, he is the composer, she takes delight in the dance they share. So, what can we learn from this tango? It spellbinds us with the beauty and romance it expresses without the use of any words — only body language.

We learn so much about how a man and a woman can communicate and support each other even through dark times. Turning on the music can be equivalent to doing

something together. Then the dance (communication/fun) begins!

HELP EACH OTHER FEEL GOOD

Sharing something that is fun together can help you both feel good. Also, a woman can feed her partner's need to be the supporter and strength and protector in the relationship by allowing him to take the lead in the relationship — and by encouraging him and responding with appreciation and love.

The man treats the woman with gentleness and kindness, tuning into her needs — both physically and emotionally — thus, she feels wanted and loved.

Schedule some fun time together. The dance could be, for example,

having a date night every week where you dress up and go out and talk to each other away from your everyday routine. Or maybe a candlelit dinner

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with some beautiful music. Maybe you could go dancing, hill walking, or bake cakes together? There are many choices, the important thing is to schedule some fun, enjoyable time together regularly.

As men and women, we have different needs. Yes, everyone wants to be loved but a man wants most to be

needed, appreciated and respected by his partner. A woman wants to be cherished, loved and listened to/understood by her man.

LOVE IS THE GREATEST HEALER

If you think your relationship has cracks in it and is going through difficult times, know that this is normal.

The thing is not to give up too easily because love is the greatest healer there is.

No matter how angry you feel, if you can let go and forgive the other person; or just hold your partner in your arms and just be present, the anger often just melts away as you remember why you love them.

It's tuning into their heart and turning out of the argument.

There is no such thing as a perfect partner, but you can create many perfect moments of love together if you are willing to dance the dance of love.

● A 10-week evening course entitled *Creating Better Relationships* is beginning in Wilton, Cork on March 1.

● A two-day workshop is also on in Dublin, March 5-6. www.empoweringworkshops.com



Al Pacino playing a blind retired Lieutenant dancing with Gabrielle Anwar in *Scent of a Woman*.