

HUNGER IS CREATED IN THE ABSENCE OF EACH OTHER

It's desire and intimacy that we crave most from our partners. Yet, we set ourselves up for partnerships that offer the buffet and mundane, creating lethargy and stagnation. Missing each other creates hunger effects.

Creating an environment for hunger and wanting each other sets you up for success. This creates a Power Couple energy by encouraging your partner to stay in their power. You most likely met your partner in this is the power state, when they filled their tank without you. It is best to continue giving your partner your power state daily.

How do you create a hungry relationship?

Simple answer:

1. Create Space & Time apart to fill your own tank with joy.
2. Respect that space & time for your partner.

Joy comes in many versions. No version is right or wrong, simply finding joy is half the battle. What fills your spirit and makes your soul happy? Would it create separation from your partner? Would you like to participate in activities not involving your partner? What would you do if there were no consequences from your partner? Hobbies, traveling, education, fitness, living arrangements, career, etc...

Make your lists below and be honest when sharing with your partner. If living apart or excessive hobby time apart is true for you to fill your bliss, be honest. Now they can support you instead of feeling unwanted when you do it.

Fill your bliss and create hunger at the same time.

What do you love doing?	What do you believe your partner loves?

Discuss how you can support these needs for each other? How does their encouragement to explore your joy deepen your attraction for them?

List 3 things you will do to support your marriage/partner to keep the Hunger alive:

- 1.
- 2.
- 3.