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How To Get The Love You Want, in the Relationship Of Your Dreams...

(Authors: [Patricia Michalka](#) & [Donatus Michalka](#))

If you are not getting the love you want and want to learn how, you've come to the right place.

If You are in a Relationship

If you're sick and tired of not getting the love you want and you want something different with your partner.

If you're sick and tired of the quarrels that go nowhere and then wonder what happened to the warm feelings you once had towards your partner.

If You Want a Relationship

If you're sick and tired of being single, or going from relationship to relationship and it doesn't work. And if you want that special person and don't want to make the same mistakes that you made last time, and you want it to work this time.

Welcome!

With all these scenarios, you've come to the right place.

Hello, we are Donatus and Patricia Michalka.

Welcome to [Life Focus](#) and the West Australian Centre for Relationships.

When it comes to relationships, there's good news and bad news.

The bad news is this: Most couples don't get the love they want in their relationship.

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The good news? We'll talk about that in a moment.

There's a lot at stake

When people fall in love, have children and start to make a home, there's a lot on the line.

Marriage or partnership is a big commitment.

There's the financial commitment.

There's your emotional security at stake. There's the welfare of the kids.

And then there's all your hopes and dreams when you got together to really find happiness with this special person.

Success rate....?

The sad fact is that at least 40% of couples get divorced after they get married.

And those that do stay together often say, well we're not that happy.

And the people who get divorced and try again the second time...well unfortunately the statistics there are actually worse than the 40% the first time round.

So, what about me? What are my chances of finding and keeping the relationship I want?

What are the forces that influence your success in your primary relationships?

What's going on?

So when you fall in love, what are the forces that are going on inside you that influence how you choose and relate to your partner.

Can you get the love you want?

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Is there a set of skills that you can learn, that maximise your chances of making your dreams together come true?

Because let's face it, nobody goes into a relationship hoping and thinking that it's not going to work.

Can you make this work?

At some level most of us hope and dream that we will find happiness and fulfillment with our partners.

What are the Three Questions that will Show You what's Steering your Relationship?

Where are We Going?

So have we got a map to look at, to see where, as a relationship, we've come from and where we're going?

The Relationship Audit

The way we get that map is by drawing a triangle -three arms of a triangle- with you at the apex.

And the three questions you ask yourself are these:

When you were little - when your personality was being formed, right through the different stages of development - into adolescence as well:

- What was the quality of the relationship you had with your mother?
- What was the quality of the relationship you had with your father?
- What was the quality of the relationship between your mother and father?

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The blueprint and dynamic at work in your relationship

The embedded blue print

The accurate answer to those questions will give you a map. As well as showing you a map, it also shows you the template that influences what happens in your relationship

That template gets embedded in your braincells , right from your very earliest years.

And another version has been embedded in your partner's braincells.

So why are you guys together?

The template we're talking about causes you guys to be attracted to each other in the first place.

And that's the dynamic that's at work in your relationship, but not only in **your** relationship. It also gets handballed onto your children. And that tends to become part of their relationship profile as well.

You can Learn how to get the Love You want and Create the Relationship of your Dreams

How do you do it?

So now that you have that map, now that you have that template, how do you make use of it?

How can you understand where you've come from, and where you're going? How do you go about creating the relationship you want with your partner.

Communication

Learning to communicate openly and honestly is a key part of the answer.

Everyone knows that after a while communication channels start to get blocked. They start to get rubbery.

You says to your partner:

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“You know, you don’t listen to me. Every time I say something, you interrupt me and don’t let me have my say.”

Your partner says:

“ But you don’t see things from my point of view. You nag and criticise me. I feel I can never please you, no matter what I do”.

Emotional Safety

After a while, what happens is emotional safety gets thrown out the window.

You guys start to quarrel and the quarrels go nowhere.

Listen

The key thing at this crucial point is that you need to learn to listen to each other.

You do it in a way that it becomes a normal part of your relationship.

When you both feel listened to and have your experiences validated, you begin to feel emotionally safe with each other.

It seems such a small thing, but it is such a relief when it starts to happen.

Feeling the love

You begin to feel heard and you know you need that. You need an environment and a structure that makes sure that happens.

And when that happens, the life blood in your relationship starts to flow again. That’s something I’ve noticed over the 35years that I’ve been working with couples.

Then you begin to feel the warm feelings you used to feel towards your partner.

The challenges that were tearing you apart start to get resolved. It’s a very profound process.

And It’s a structured process.

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Skills and structures that work for you

We all make use of structures and routines and they become part of our daily life , eg preparing meals in the kitchen , using computers and the internet, driving the car to work etc.

Making use of effective structures and routines to improve the quality of your relationship can be similar to that.

We give you tools to use in your relationships.

We give you systems and structures that you can use each day to create and enjoy the love you both want.

That all becomes integrated into the whole pattern of your relationship.

And of course, there is a ripple effect on your relationship with your children, friends, workplaces as well.

You can do it!

So the good news is that you can change.

Your relationship can change.

With the right information, skills and support, you can have what you want.

We can teach you. We can help you. If you wish, you can discover a better way.

You can get the love you want and build the relationship of your dreams.

So, to get the love you want, and to create the relationship of your dreams, you may want to phone Jean at our office on (08) 9383 9799 or email us at enquiries@lifefocus.com.au and make an appointment.