


What **3** Strategies Each Sex Can Learn From The Other



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Each partner can learn some relationship skills from their significant other that would best align with the needs of their relationship.

Following are 3 strategies a man can learn from a woman, and 3 strategies that a woman can learn from a man.

What A Man Can Learn From Women:

1. Generally speaking, women tend to be more empathetic than men. Men would benefit more from developing empathy as a tool not only to understand their partner better, but know what needs to fulfill.
2. While we each have our own individual side, men can learn more about the team spirit of a couple to improve the synergy and dynamic of the romantic relationship.
3. With both partners working, women still oversee 80% of the household responsibilities. Research supports that the more a man participates in the household tasks, not only does the relationship improve, but so does what happens in the bedroom!



What A Woman Can Learn From A Man:

1. Men are very good at loving many things. They love their sports, they love their hobbies, they love to hang out with friends, they love climbing up the ladder of success. Conversely, women tend to put all their love in one basket - their family and relationship. Spreading your love doesn't take away from the home life, it just gives more balance to loving more of what the world has to offer.

2. Women love to deal with things more quickly and promptly, and sometimes stepping back and taking time to reflect (or allow the other to) is the better thing to do. A good night's sleep often brings more clarity in the morning.

3. Women tend to have more relationship rules than men, such as "If he doesn't...(eg) return my text, it means...(eg) he doesn't care". These kinds of structured rules can set the couple up for a lot of misunderstandings and hurt. The less we judge how another person expresses their love, the more we can receive the love they have to give.

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The Better You Feel
The Better Life Gets

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