Have you ever wondered why a friend of yours has such an easy time flirting with her husband of 14 years? Or why one person can resolve a painful disagreement easily, when you in that situation would be muttering the D-word under your breath, or crying into a pillow, or both? Our relationship styles are just
as unique, unplanned, and important as our personalities.

I came up with the concept of Love Styles to help you understand how your needs combine with those of your lover. By getting to the heart of your Love Style you can quit blaming yourself or blaming him or her and start understanding how love works. You can understand how you are unique and also how you are just like other people with your same style. Don’t worry: being similar to your partner is not necessary and sometimes it can even work against you.
Get to know your partner’s patterns and needs and you’ll discover there are many ways to experience love, passion, freedom and growth in your relationship. By really understanding how they receive, give and experience romantic love you will start connecting at a whole new level. This means realizing both of your unique styles and how together they can create the chemistry and joy of love.

Knowing your love style and your partner’s love style is more crucial to successful love than any cultural ideas of what being in love means, how to be “good” in relationship, or what are the “secrets” of successful couples. Through understanding love styles, you have an entry door into the real secrets and rewards of being with your lover, soul mate, and life partner.

Below is a guide to the 10 Love Styles – when a love style resonates with you notice the strengths and the challenges of this style. Rejoice in your strengths…
and be smart in the ways your love style may get you into trouble sometimes. When you get insight into your lover’s style, think of something you can do TODAY to give to them. Insight itself is not enough – take some action too. By noticing, “Oh, this is my style,” when you hit a relationship challenge you become smarter and a heart-strong lover and partner.

The Love Styles

1. Playful and Light
2. Sex Goddess/God (Passion rules)
3. Earthy, Steady & Grounded
4. Creative & Surprising (Don’t bore me)
5. Driven & Goal Oriented (We can conquer all)
6. Inner Geek (Let’s understand this… and then watch Dr. Who)
7. Best Friend (I’ve got your back babe)
8. Knight in Shining Armor (Applies to women too)
9. Escape with me (We can forget the world together)
10. Commune of Love (I love you most when we celebrate our love with others)
Love Style #1

Playful and Light (The good pirate enjoys a chase)
Energy, good vibes, and good times.

The Playful and Light lover is focused on enjoying the moment. You like to be spontaneous and your energy is infectious. Others can sometimes have a hard time keeping up with you. At times you may feel that a romantic partner brings your mood down because he or she lacks your energy and zest for life… but then again, so do most people.

You love to surprise the girl or guy in your life, whether it is with a new trampoline, a trip to play with dolphins, or a visit to a funky new neighborhood in your city. So many possibilities! Fun in love is easy because everything is about energy, today, and feeling good. Now here’s the thing. If you can’t succeed in bringing your partner’s mood up to meet yours, then you think, “something is wrong here. We’re supposed
to be having fun!” You may start looking for another way to feel good. When your lover shares their emotion (or their pain) you might try to detach because the person’s emotions are taking you out of your zone. Even though you’re so good at seeing the good in so many people, it can be hard to commit to one person when it’s hard.

A lover may not be able to keep up with you. This could result in feeling the relationship wasn’t meant to be. Of course you will be the person’s friend after it’s over. Hard feelings aren’t part of your vocabulary either.

You understand hard work, but often it’s not the priority. Why put off feeling good? This can get in the way of developing a mature and full romantic partnership since often going through some touch and hard conversations are necessary.
Sometimes playful and light lovers are drawn to a challenge in their partners. They seek out a man or woman whose moods are not light, fun, or happy because they enjoying trying to bring this person up. What may end up happening is that the other person changes his or her behavior to match the lighter more playful lover’s style for a while, usually in the initial 6 to 12 months of a relationship. Then the other person returns to reality and old habits, but he or she now expects and desires the playful and fun lover to affect his or her mood all the time.

Rather than rising up to match your playful and light style, your partner may complain that you don’t understand or love his or her moody, realistic side. Love and relationship can’t be all fun and games, the moody, realistic person thinks. So the quality that initially created attraction now works against the playful and light lover. So what do you do? As a playful, light lover, you need to expand your range.
When you learn to love your moody partner’s style, this creates more ways to show love (that are not just about your mood). When you can do this, you hit that perfect balance between light and dark.

Love Style #2

**Sex Goddess/God (Passion rules)**

Nothing is as good as intimacy and physical connection.

You might be an intellectual, an artist, or a change maker, but you know that what you really are is a lover. Whether you’ve called yourself a sex addict, you’re in a committed relationship, or you’re a serial monogamist, you love the physical pleasures of love over all other forms of intimacy. Your passionate nature means you are always ready, and sex is usually on your mind. You can be frustrated by a partner’s style not matching yours. You might question whether
you are in balance because others lack your sexual appetites.

This style has its downsides. The first is that your needs can seem to be too much for one lover. You tire out your man or woman. You use sex to change your state and haven’t learned another way to make yourself or your lover feel better. Friends and family may seem less important to you than your partner, so at times you feel overly dependent on him or her. Your intense emotions that lead to passionate connection can also turn into anger, jealousy, and vengeance. Learning to satisfy a partner who has different needs for connection can feel frustrating because it is hard work. However, when you do get that your lover needs different sources of intimacy and that you can satisfy him or her on levels other than physical passion, this will not only bring you into balance but will also deepen the intimate and passionate connection between you and your lover.
Love Style #3

Earthy, Steady & Grounded

You are my rock.

Feeling connected to what matters most in life… comes easy for you. Showing others that you are there for them takes no effort. Whether you’re a man or a woman, your consistency of love and support creates an emotional safety net that catches the ones you love, cushioning them softly. You create consistent energy that gives that special guy or gal the ability to soar, be authentic and natural, and feel understood.
Challenges arise when you don’t understand the need for change, excitement, or creativity. “Isn’t it enough to be together?” you might ask. The relationship is enough for you. You know your emotions, and they don’t change. On the positive side, your consistency makes for life-long relationships. The search for the right person is less appealing than the life you create together.

To grow, you’ll need to learn new ways of fulfilling your lover. This may be finding stimulating topics to discuss, adventures to experience, new techniques in the bedroom, or learning the modality through which your partner experiences love most directly, such as touch, speech, sight, sound, or energy.
Love Style #4

Creative & Surprising (Don’t bore me)

Life is a mystery. Come with me and we will discover its magic.

Ever wonder why life doesn’t bore you? Endless opportunities await your attention. Whether you are learning a new technical skill, painting your bedroom, or traveling off to Burning Man, life is an ever-evolving creative journey. You look for a partner who will express the same joy and adventure you crave. Love is more than emotional; it is also action, spirit and transformation. You live to do, imagine, and create. You look for a soul mate who appreciates your nature, respects your work, and enjoys your vision.

When not at your best, you may be moody, hard to understand, and unclear. What you seek is hard to
express in words. If your partner is more on the logical side, then you may feel misunderstood or undervalued. Your relationship, like your life, must be a work of art that you co-create.

Life gets in the way of your love when circumstances change, making creativity and spontaneity more difficult. A new stage begins like having a family, or an intense job. Or your physical body changes, making doing things more difficult. This is when you will need to adapt and create different sorts of adventure for the two of you. It is in your nature to seek excitement, so with maturity will come new opportunities – as long as you are flexible enough to let go of the previous stage of life and embrace the new.
Love Style #5

Driven & Goal Oriented

Anything is possible when we put our mind to it.

A relationship has goals, achievements, and rules. You know what you want, and you want a person who knows what he or she wants too. To succeed means to plan, do, and strategize. You will figure out and understand your lover, and you may also want to change him or her. Planning in this way becomes an act of love, and success is a very real target that you can make happen. The relationship is another area of life for achievement and this can make for great lovemaking. You will not settle for less than great.

A possible downside is that you focus on the future, forgetting to experience the present moment and the desires and needs of your partner. Your ambitions may
be so big that you can never relax. You may focus too much on work and think he or she should understand that it is done to achieve a future goal together. Keeping communication open and emotional can be a challenge for you. To grow and deepen love, you will need to learn more about your and your lover’s feelings. Find ways to enjoy the present and use your planning abilities to create joy for the two of you right now.

**Love Style #6**

**Inner Geek**

Let’s understand this and then watch Dr. Who together

Let’s geek out together. Whether it is reading, gaming, or technology, you savor knowledge, nuances, details, and facts. You may know all about
your partner’s opinions, positions, and tastes… but sometimes you forget to ask, “How are you?”

It is easy for you to find stimulating topics of conversations and hold strong opinions. You have a tendency to mate for life and be a loyal and caring lover.

Possible downsides are that you might miss emotional cues and forget about the other’s perspective. It helps you to be with a grounded earthy type who, like you, is loyal. But, unlike you, the grounded earthy type can provide nurturing balance and presence. When you are confronted by the chaos of love, you get jolted out of your enthusiasms and may want to run for the imaginary hills of your favorite sci-fi book, movie, or game.

You might think this type is all about being young and immature. However, I meet this type of client often,
and they tend to be mature people working in technology, engineering, or academia. They often feel misunderstood because they do love so much and give so much, but their wives or husbands don’t get it. Inner Geeks are smart - they often know they are “escaping” but figure that it’s better than fighting. Escapism is a relief valve.

Inner Geeks need to learn how get out of “parallel play mode” (i.e. we both enjoy the same activity) and into the romance zone (i.e. you and I becoming each others big enjoyment).

How do you do this? Get into their desires. Geek Out on your partner’s hidden wishes and appetites - then take a risk and give it to them. Learning to interview your partner is key for this style. Come up with a list of ten questions you have never asked him or her. Then settle in for a new type of discovery.
Love Style #7

Best Friend (I’ve got your back, babe)
I let you know you are my number one.

In this style, being in love often means feeling similar. You choose a mate who shares your tendencies, likes, and aesthetics. It is hard to imagine that others wouldn’t want a best friend as a life partner. You feel that harmony is a normal part of a relationship. Fights are not easy or necessary. You know how to get along with others, and you know how to share your feelings. She or he is your number one priority even if you have many friends. You are likely to tell your lover that he or she is also your best friend. You may even fall in love with your best friend.
One downside is that your relationship gets a little predictable. Since you don’t like to disagree, you tend not to admit your feelings even to yourself. You may reduce demands on your partner, out of respect for the friendship. Then when your partner breaches the topic, you are shocked. If this goes too far, you might find yourself staying with someone out of duty instead of love and passion.

Best friends do make the best of lovers, as long as you work to keep the flame of passion ignited and don’t begin to believe that friendship is enough. Try some Passion Patterns that intensify spicy interactions and increase desires. Try surprising him or her and developing a new and different hobby together.
Love Style #8

Knight in Shining Armor
(appplies to women too)
I will rescue you!

No matter what the predicament is, you will find a solution or new way to see things that makes it better. You’ll rescue the lover who needs you. This feels, perfect because being needed feels good. You’re like the firefighter sliding down the pole as soon as the bell starts to ring. You not only enjoy being needed and appreciated, but you feel it is a core part of you. How you give is how you love. If your lover has struggles, then you’re right there by his or her side. Is there a problem? You start to challenge yourself with solutions.
The first possible downside is that you find yourself wanting to save more than one person. Your spouse may become jealous of your tendency to rescue others and the energy you spend taking care of everyone. Make sure that you work hard to let your partner know that he or she is number one.

When your lover becomes more independent, you can start to feel challenged and unsure. It’s important to realize that you don’t need your partner to be dependent on you. They can need you and still be independent. Learn to experience your partner’s love in many different ways and through his or her different emotions. Start to make a point of seeing and recognizing independence, and even if it is scary, point out how happy it makes you to see these shifts in your lady or fellow.
Love Style #9

Escape with me (We can forget the world together)
And sail away to the land of…

Loving is lovely, especially when you get to forget about the world together. Think of the lyrics to the Jack Johnson song: “Making banana pancakes, pretend that it’s the weekend now. We can pretend it all the time.” Two Escapists might find it hard to get much done, but they will have a hell of a lot of fun anyways. You have the ability to make your
sweetheart feel that he or she is the best person in the world. When you create your world together, it is cozy, sweet, and full of your unique spirit. You’ve probably been called a romantic.

You know I’m talking to you: the boy or girl who watched that movie ten times because the main characters were just so perfect and the plot so doomed. A loving relationship can be your oasis – just stop imagining one and make a real relationship happen.

When out of balance, you become unsure of yourself and your choices. If you don’t get enough away time from the world, then you have a tendency to burn out. You'll turn to your partner for a rescue, and if he or she isn’t the rescuing sort, then it can be a challenge. Find a way to give to yourself at the spirit level every day so that you never get desperate enough to run away. For you, imagination and creativity and time to just be is essential.
Love Style #10

Commune of love (I love you most when we celebrate our love with others)

With this style, “The more the merrier,” may be your motto. Let’s go to the party! Or throw the party. Or find the party. As long as there are people, you’re happy. You’re extra happy when you’re with her or him and them. And you may feel your best when surrounded by friends and family. It’s a given that to love you means to love who you love too.

Now what happens when your spouse doesn’t agree with you? It can be a challenge for you to see another perspective or to entertain the idea that someone you love may not be nice to your wife or husband,
boyfriend or girlfriend. Developing an approach to understanding multiple perceptions is essential to your relationship skills.

Possible downsides are: you waited a long time to find that special person. Now that you have him or her, you also have a lot of other people who love you and expect you to show up for them. Now putting your partner first can be hard work.

Also, engaging in relationships with more than one person at a time may be tempting but often it leads to your lovers getting possessive. You may have even tried a relationship between yourself and two or more others in the past.

Prioritizing is key for you. Try to keep as organized as you can with your party schedule and always invite your partner to the event. When there, let all your friends know he or she is your number one. If your
partner feels secure, he or she will laugh and dance the night away by your side.

Using Love Styles in Your Relationship

When you understand your love style and your partner’s love style, you understand the secret language of their desires and expectations. It becomes easy to give to them and to appreciate your differences and your chemistry. You’ll also notice that, when friends and family talk about relationship, they are usually trying to understand a difference in love styles. Clarifying styles leads to understanding, and with understanding, you can take smart and heartfelt action to help yourself and your partner. Knowing your love style weaknesses helps to add in what is missing and create a more dynamic and multi faceted relationship.
Any of these 10 styles ring a bell? I thought so!

So now let’s make it real. Write down:

What are your top 3 love styles?
1. ______________________________________________
2. ______________________________________________
3. ______________________________________________

What have you learned about what you really need in relationship?
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28
What are some possible challenges about your love style? What can you do to improve it?

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What are your partner’s top 3 love styles?

1.                                                                                   

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2.                                                                                   

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3.                                                                                   

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What have you learned about your partner’s love needs?

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Knowing this now, what can you do to give to them?

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CONGRATULATIONS!

Now that you understand your love styles, you will be able to navigate your differences with much more skill, enjoyment, and, yes, passion. Enjoy!

To Complete Your Free Love Styles Training:
1. Sign up for Magali Peysha’s free Passion Patterns Relationship Series at PassionPatterns.com.
2. Take the quiz at LoveStylesQuiz.com
3. Take Magali Peysha’s free Love Styles Video Training (where you can download this guide):
   PassionPatterns.com/lovestyles.html