

## **“Get Ready For February and the V.D.!”**

*By Dr. Cindy Brown, “The Relationship Strategist”*

February is a winter month where a chill is in the air in many places across the U.S....this chill is the anticipation of a day called **Valentine’s Day**. Many don’t like the day, especially singles and even men. However there is also much anticipation from those of you who are in love (at least the women are hopeful), that good things are coming soon from your lovers, partners, boyfriends or husbands. At least you have faith it will turn out how you dreamed of! I can help you!

Being a behavior specialist and relationship coach for many years, I have heard the issues and problems that seem to arise before, during and after this day from singles and from couples alike. Let’s look at this mixed bag of expectations, feelings and thoughts to help you negotiate and take care of yourself better this February.

**For those of you who are single**, February can seem daunting and a yearly reminder that you are not coupled; possibly you judge yourself, beat up on yourself. You may even compare yourself to others or even act like the day doesn’t exist. I remember for years when I was single, I would “poo poo” the day to my friends, saying “it’s a Hallmark day, or a flowers.com day, a day to make women fat by giving them chocolate, a day to rush out to dinner only to have bad service and marginal food at an expensive restaurant and not get the card or present I wanted or hoped for.” I also used to make myself super busy and even work late on that night, acting like it was just like any other night...sound familiar!

### **Here’s a few healthy tips for singles to negotiate this V.D. this year:**

1. Use the day to celebrate the beauty in you just as you are
2. Schedule a spa day, a massage, “mani-pedi,” facial etc.
3. Invite some other single girls to go out and celebrate being single, happy and beautiful
4. Send yourself flowers at the office or home
5. Write yourself a letter, note or card praising your qualities and beauty
6. Mail yourself the love note or card
7. Crack open a bottle of something you enjoy and toast to you
8. Buy yourself some lingerie and dance in front of the mirror
9. Buy yourself a present and wrap it up and open it celebrating you
10. Take a bath and feed yourself chocolate-dipped strawberries, and you don’t have to share them with anyone but you!
11. Make Valentines Day stand for Victory Day, for you being Ok being you!

**For those of you who are in a relationship** you may or may not be anticipating good times...it depends on your history. Some of you new couples (like Andrew & me) have had one or more good Valentine's Day (V.D), however you never know when it will turn sour like your girlfriends have reported to you. Make sure you have a discussion about this day well in advance with your partner. Be careful not to assume you know what will happen in this V.D. discussion or on the actual V.D. The biggest issue I have with women especially, is they do not talk about it with their partners because they want their mates to surprise them and read their minds. This rarely happens and what does happen is a lot of disappointment, sadness and sometimes break-ups. Let your partner win this V.D. with you!

**To have the best Valentine's Day for couples here are a few tips to have it turn out great:**

1. Drop hints about what you like/want throughout the days, weeks, months prior to the day. Guys are single focused and welcome reminders if you are kind and loving about it.
2. Guys need visual reminders; send emails, cut out pictures, create a list.
3. Discuss with your partner how Valentine's Day can be for you two. Some couples trade off each year planning the day or night, even paying for it.
4. Be creative and do something different each year. It doesn't always have to cost a lot of money. Make your guy his favorite dinner at home, tell him this and hint at what you would like in return. Or have him cook for you, and give him what he really wants after.
5. Give each other massages in a candle-lit, rose pedal draped room.
6. Some couples don't even celebrate it because they don't like the commercialism of the day. Discuss with your mate what is good for both of you.
7. Celebrate Valentine's Day at another time when it is less crowded and you have more time, like a Valentine's weekend. This is what Andrew and I will do this year; a weekend getaway to Palm Desert, we both need a mini-vacation and the vacation intimacy that comes with it.
8. Have fun, celebrate your love and relationship and don't get caught up in material gifts as a determination of the love you share.
9. Focus on what you both can create as a couple and don't put all the pressure on the man to make it a great day. When he wins, so do you, when you are happy, so is he!

I am hoping these tips and suggestions will allow you to have a better V. D. this year, whether you are single or coupled it can be a time of celebration, OR Not. Also check out my next issue's article I wrote last year that was very popular. Please let me know your experiences and any other tips you may have that I missed. **If you need additional coaching and support please call me (310) 202-1610 Ext. 4** and we can set up a session to help you. **Happy Victory Day!**

**Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: **Give me a call or contact me so I can support you further!****

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