

LOOKING FOR *love*?



Get it
HERE!



Hello to you, if we've not met before I'm Stephanie.
(That's me in the photo!)



I'd like to ask you something.

What made you click the "Sign Up" button?

Was it out of sheer frustration with the kind of guys you meet these days?

Have you wondered where the good guys are?

Do you crave some good, old-fashioned romance but feel embarrassed because it's deemed a bit, well, old-fashioned?

Do you bend yourself out of shape to fit in with what 'everybody else' says you've got to do to get a fella? Or to keep that fella?

You meet that great guy, all goes well then he does the disappearing act after the bedroom action!

If you answered “yes” to any (or all) of the above:

You are NOT alone!

When the guy stops calling, for what seems to be absolutely no reason at all. I get that. You wouldn't mind so much if you could just find out why but he's dropped off the face of the planet!

You're made to feel wrong for wanting a bit of consideration, appreciation, communication, respect, support, encouragement! But, you're expected to offer heaps of it onto the chaps!

When they turn up looking nothing like their photo and expect you not to notice! I get that too, oh, I soooooo get that!

Or the guys who want replacement mothers, a free housemaid or a personal sex-slave (or all 3) but can't be bothered to talk to you. Yep, been there too.

Sometimes you date the really 'nice' guy that you convince yourself you should keep dating because, well, he's really nice but...there just isn't the spark.

You **hate** the dating sites but can't see any other way to meet someone.

You really, really don't like the first dates, the **broken dates**, the **disappearing acts**, the **endless emails/texts**, the old **photos...the disappointment!**

You just want to meet a nice guy.

You just want to feel loved and happy.

You want...romance!

I can show you the way to a *beautiful romance!*

And, I can help you to find the best, most loving, supportive, caring, gorgeous person who will love you forever in exactly the way YOU want.

*All you need is an open mind, a big heart
and a dash of courage... Yeah, you got this!*



What I'm going to share with you is the exact same way I used to BREAK FREE of the cycle of bad dating and relationships and to create a life filled with love and romance...even when I'm single!

Just before we start, I want to share with you the philosophy of “**Loose Knickers - Wise Words For the Modern Woman**” which is:

Live Happy, Date Wisely, Love Better

This is my mantra for my romantic life, make it yours and let's get started...

Hello Gorgeous

I would be HONOURED if you would permit me to share your **journey** to put an end to bad romance and welcome in feeling *happy, free and loved* in a life you desire with a ton of **ROMANCE**.

It takes courage to acknowledge a need for change. It takes real guts to reach out and try something different. You've shown, if you've got this far, that you have the **courage, passion, determination** and **will** to change your life for the better.

The road ahead may be rocky, it may be smooth, you may meet obstacles, you may not but, one thing's for sure:

You Are NOT Alone!

With love from your new friend

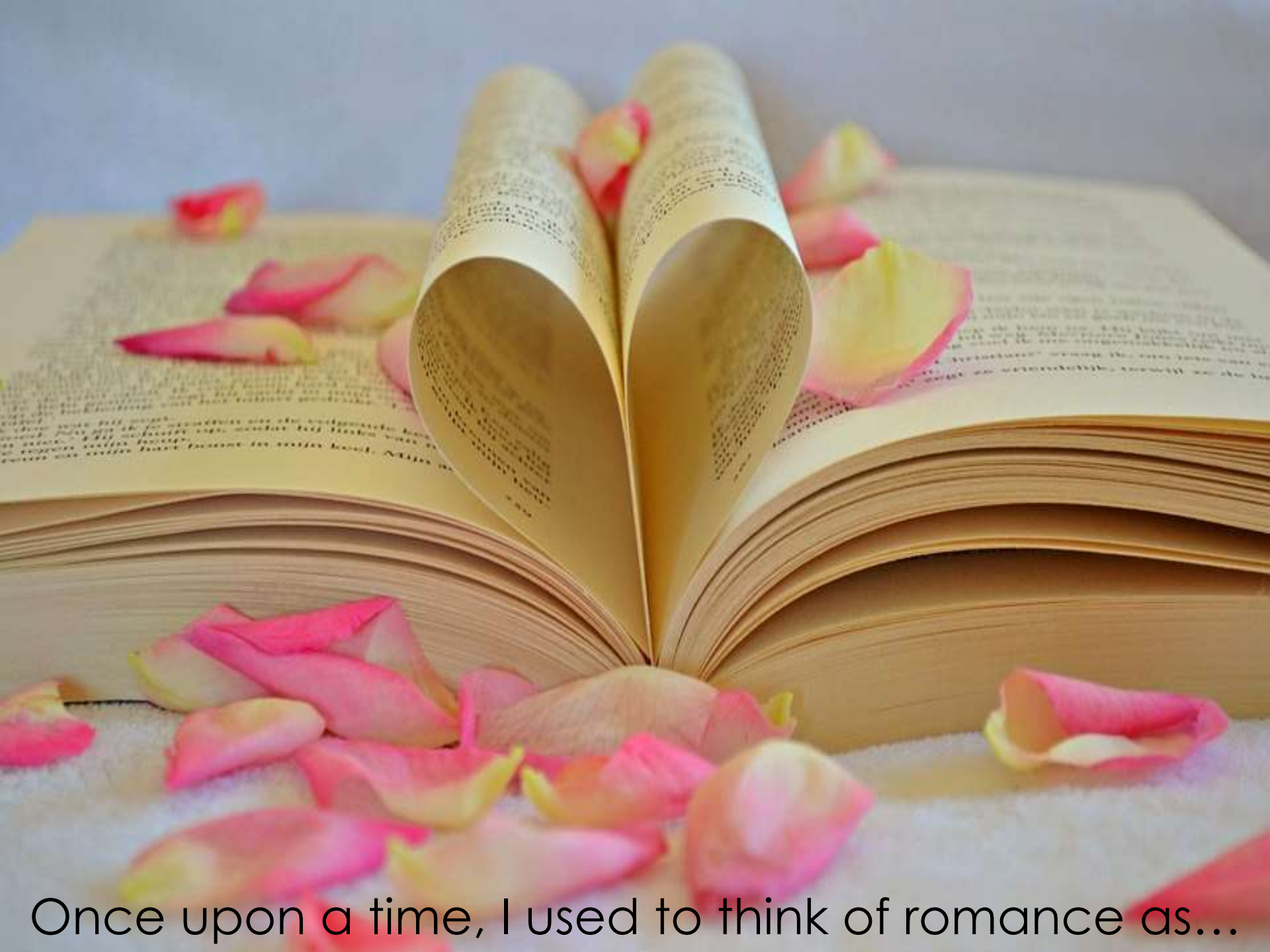
Stephanie xxx



Step #1:
Re-define
Romance

So, what do I mean by **romance** well,
let's explore that together?

How about a little story...



Once upon a time, I used to think of romance as...

...you know, flowers



...and cuddly toys, fluffy bunnies...



Yeah I know, they're sooo cute!

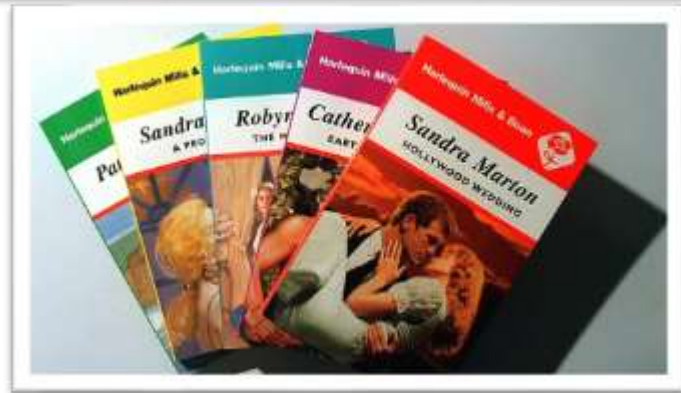
...and candlelit dinners 'n' all that jazz.



I'd think of chocolate...



and 'chick-lit'*...



*Romantic fiction literature!

and 'chick-flicks'*.



* Typically romantic comedies, (the RomCom) or films about a woman finding her soul-mate, losing her soul-mate or her soul-mate turns out to be someone she married when she was off her face on Vodka!

Especially ones with Colin Firth in!



Sigh!



I thought romance was only for the early days of courtship
(there's an old fashioned word for you!)



and then only aired (if I was lucky) on anniversaries
or birthdays,
or Valentine's Day!



I thought romance was something women pursue to feel loved...



and men put up with...



"it's our fifth date so I'll take a bunch of impatience"

...to get sex!



I thought that romance was only for dating or
RomComs or lovers.

I thought that romance was just for COUPLES!



And when I was single, I thought I was always missing out!



One day I asked myself:

“What is
romance?”



According to the *Oxford English Dictionary*:

Romance – noun

A feeling of excitement and mystery associated with love

Love, especially when sentimental or idealized

A love affair

<http://www.oxforddictionaries.com/definition/english/romance>

And the mighty Wikipedia!

“Romance is the expressive and pleasurable feeling from an emotional attraction towards another person associated with love.”

[http://en.wikipedia.org/wiki/Romance_\(love\)](http://en.wikipedia.org/wiki/Romance_(love))

OK, basically, nowhere does it state that you can ONLY experience romance WITH ANOTHER PERSON! Yes, I know that's what we've generally come to believe but, when you filter it down...

Romance is about *excitement, connection* and *expression*.

It's your *state of mind* not your relationship status.

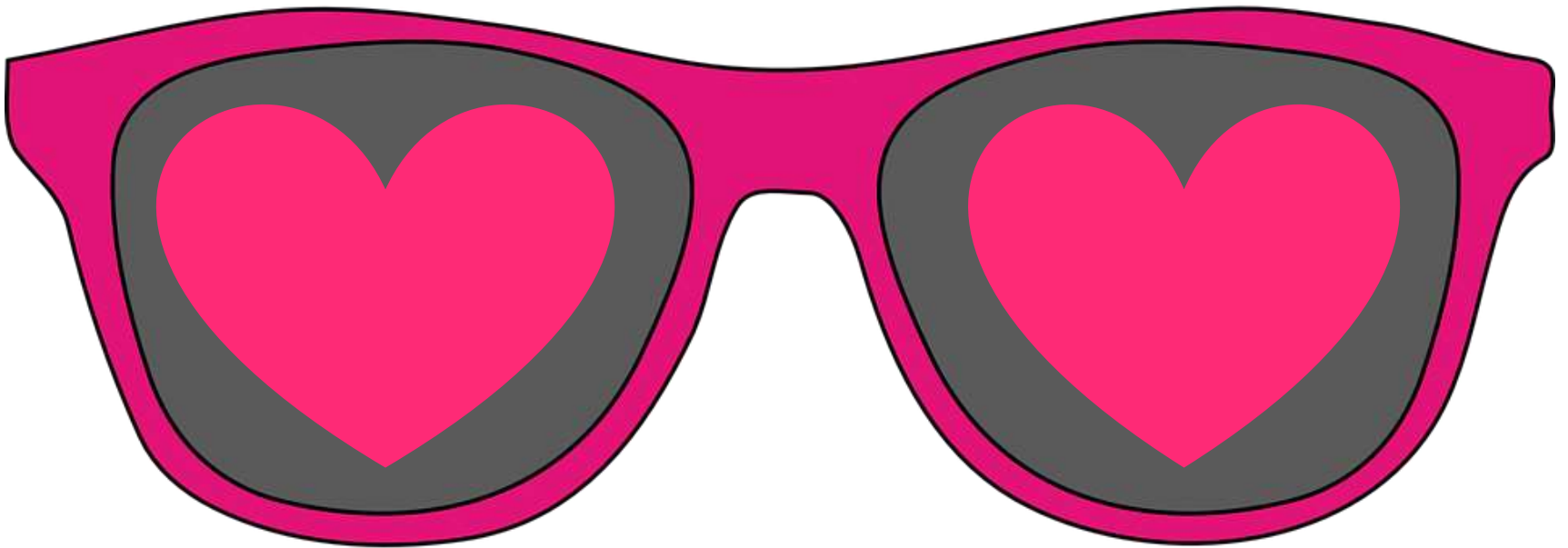
And, romance is undeniably, undoubtedly and inextricably tied to *love*.

So really...

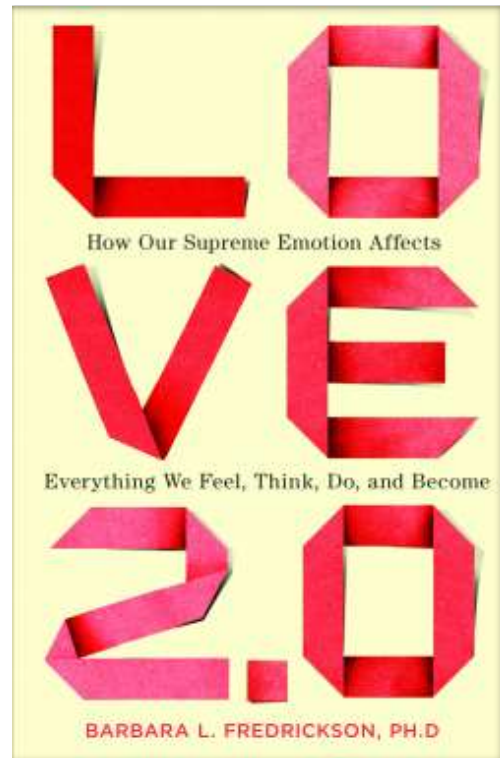


Romance is **LOVE...**
expressed!

So if **romance** and **love** go hand in hand, let's take a closer look at love:



Barbara L Fredrickson, PhD., is the author of the phenomenal book 'Love 2.0'.



She was working as an emotions scientist when she began to devise experiments with people to find an answer to one of life's big questions:

What is love?

The test subjects were to practice expanding their capacity for positivity and loving kindness.

The results were astounding. The subjects began to transform themselves from the inside out; emotionally, mentally AND physically.

Her experiments showed that increasing moments of **love** affected them positively at a cellular level!

She describes the new science of love:



“...**love** is the momentary upwelling of three tightly interwoven events:

- ♥ a sharing of one or more positive emotions between you and another.
- ♥ a synchrony between your and the other person's biochemistry and behaviours
- ♥ a reflected motive to invest in each other's well-being that brings mutual care.

My shorthand for this trio is **positivity resonance**.”

“Positivity resonance...

changes your biochemistry in ways scientists are only just now beginning to grasp...

and is linked to not only social attunement but also to more efficient [biological] self regulation and improved physical health.”

Love, Dr Frederickson deduces,
is actually good for you!



And practicing romance is a beautiful ripple effect.



When you're more loving and kind, it affects **everything** around you.

So that's step #1- Redefine Romance:




Romance is **LOVE**,
expressed!

A woman with dark hair is smiling and holding a large bouquet of flowers, including yellow roses and orange carnations. The background is blurred, suggesting an indoor setting. The text is overlaid on the image.

Step #2:

Be your own

best friend



Romance, love, and
'positivity resonance' -
they all begin with YOU.



“Love yourself first and
everything else falls into line.”

Lucille Ball

How you see **yourself** will be reflected in other people's minds.



Think about it...

If a friend spoke to you in the same way you sometimes speak to yourself, how long would you (or should you) allow that person to be your friend?

You're _____*

You're so
fat/too skinny!

You're not as
pretty as...

You're stupid

You can't...

*insert own negative comment you often say to yourself!

We teach others how to treat us by the way we treat ourselves!



When we don't love ourselves first and foremost we risk looking for, entering into or staying in relationships for the wrong reasons.

The thing is, if we look for someone to PROVIDE us with the experience of romance and love, well, it's quite unrealistic. I know we think the other person is the provider of these feelings but, it's not them...it's us!

Romance as with love, starts from within.

Expecting someone else to MAKE you happy puts too much pressure on that other person, think about it, you could be **that** person, the one who constantly tries to 'make people happy'!

That's a pretty tough job to maintain!

I know it's hard to hear but, YOU are responsible for your **own** happiness, it's nobody else's responsibility.

Putting your happiness into the hands of another can lead to misuse of that power and abuse.




And hanging around waiting for someone to come along and 'fix' you also comes under the category of 'not taking responsibility for your own actions' (and feelings).

This may come as a surprise but, you are NOT broken!

You were born whole, loving and trusting.



And this is what you are at your core!

A woman with long dark hair is sitting on a wooden chair in a dimly lit room. She is looking down and to the side with a sad or contemplative expression. Her hands are resting on her lap. The background is dark and out of focus, showing the back of the chair and some wooden elements.

*You are a loving, caring,
compassionate, beautiful soul.*

If you have been a victim of some form of abuse either in childhood or adulthood, there is guidance and support to help you. Please, be kind to yourself, find support and use it.

You deserve a life free of fear and abuse.

You deserve a life filled with
love and romance, laughter, fun and joy.

Darling,

Shifting any core, limiting beliefs you have will be the greatest gift you can possibly give to yourself, I guarantee it.

It is also the most important step to **finding the love of your LIFE.**

I don't throw that statement around lightly not only is this the love and enjoyment of your life as you live it but, as a whole, strong, brave, loving soul, you won't tolerate people who try to use, abuse or confuse you.

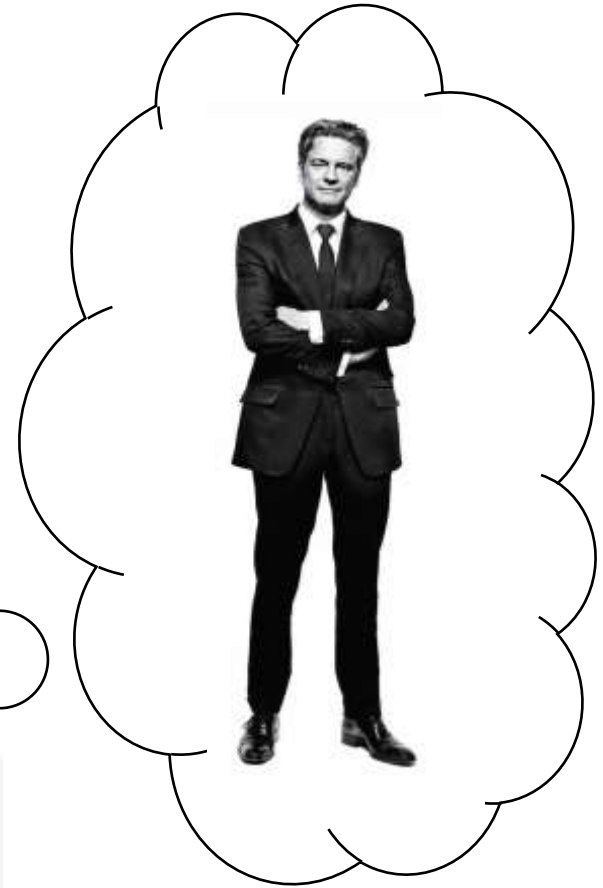
You'll still encounter the dodgy dudes but, you WILL not put up with their shizzle any more.

You'll listen to your instincts, stand your ground and so NO to their nonsense!

*Goodness, that was a bit
intense wasn't it?*

So, I don't know about you but, I've never **dated** anyone with actual, real live, pukka magical abilities who could wave their hands around, Harry Potter style, and **fix ALL my problems** for me.

Nor have I found a real, live **magic wand** that I could use on one of the frogs I found in my garden and turn it into someone who resembles Colin Firth...or THE Colin Firth!



But, hope springs eternal and what is life without dreams!

*Dear God, if there is such a
thing as time-travel, please send
me back to 1997 so I can marry
Stephanie instead of my wife,
cheers mate.*



And so far I've not met a real, live fairy godmother with a real, live magic wand who will **fix all my problems** and find me a soul-mate.

I'm thinking that perhaps, if you're reading this, neither have you.



You don't NEED a significant other to SURVIVE – you NEED food, water and oxygen!

Having a Significant Other is a nicety not a necessity*.

A spousal type partner should **complement** you and your life, not complete you (or **complicate** you!)

Remember, you are already whole!



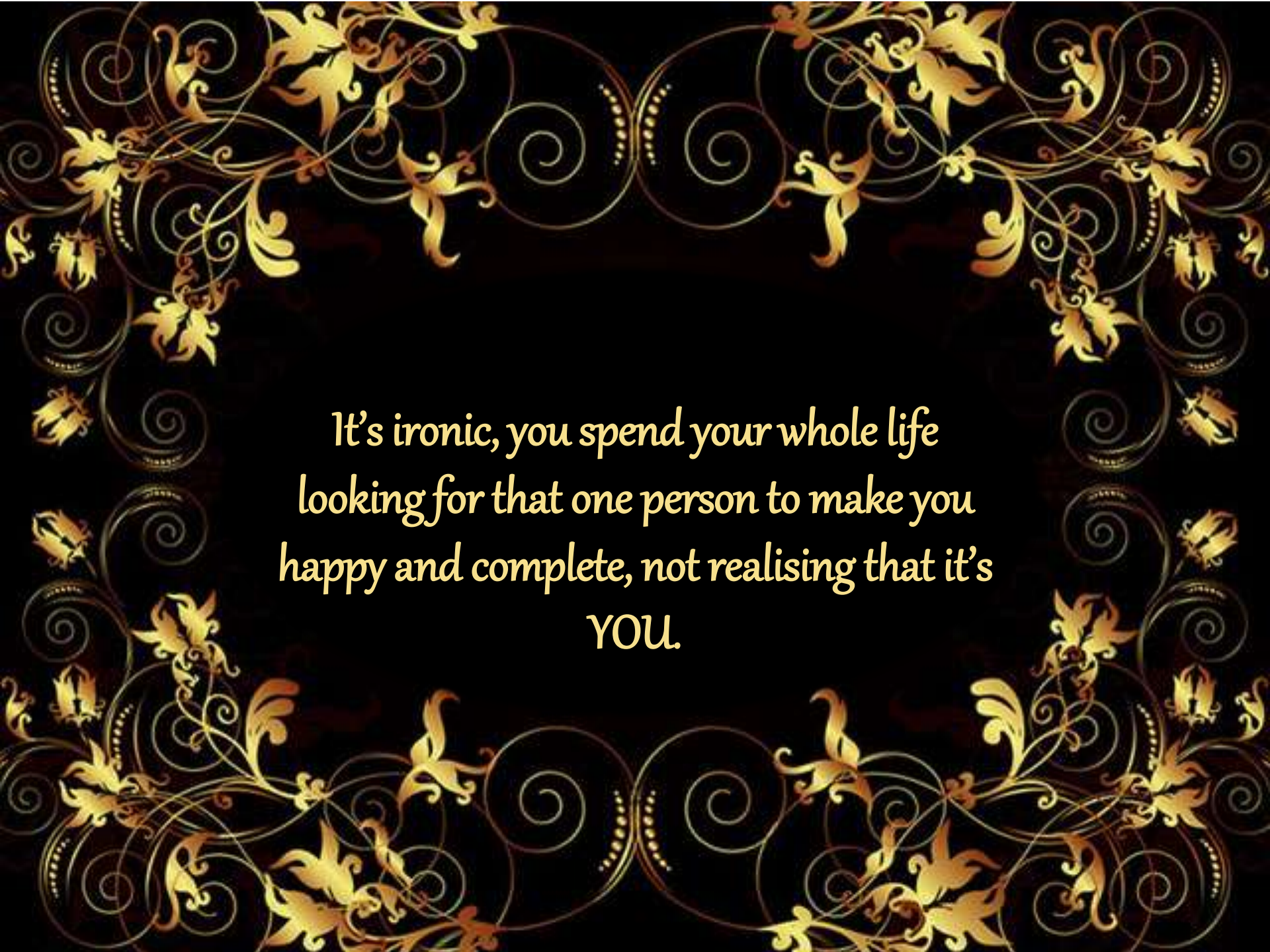
* However, the human race would die out if we didn't hook up! There's more on this topic in *Romance Ain't Dead*

And I don't know about you but, I think one of the loneliest places to be is in a relationship without respectful love.

Personally, I know I'm much happier with
no-one than the **WRONG ONE.**

How about you?





*It's ironic, you spend your whole life
looking for that one person to make you
happy and complete, not realising that it's
YOU.*



REALITY CHECK!

If you've noticed a pattern to your dating or relationships which has made you (or others) unhappy, then it's time to change because...

**If you carry the bricks from your
past relationship,**

**you'll end up
building the same walls!**

The background of the image is a dense, close-up view of stacked wood logs. The logs are cut into various sizes and are arranged in a somewhat chaotic but layered fashion. The wood grain is clearly visible on the circular ends of the logs, showing concentric growth rings. The overall color palette is warm and earthy, ranging from light tan to dark brown. The lighting is somewhat dim, creating a moody atmosphere.

Step #3:

Romance is

EVERYWHERE!

You just have to know how to

SEE IT.

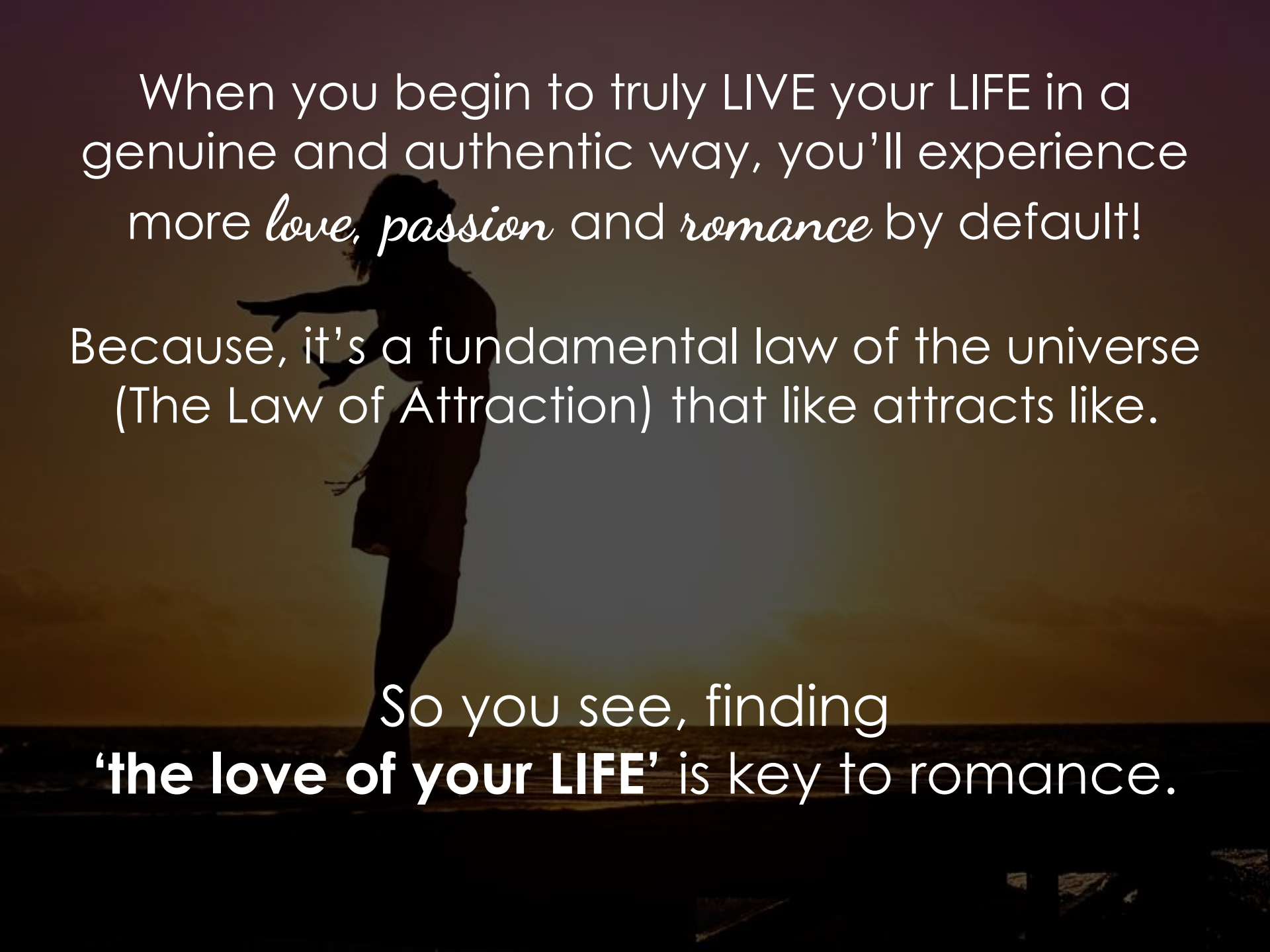
The next thing I want to share with you is one of the most important parts of this step...

"The Love of Your Life"

My dear Friend

I'm going to ask you to open your heart and mind. Please allow a shift in your understanding of this phrase, redefine it to mean:

**the love, passion and
enjoyment of your LIFE!**

A silhouette of a woman in a dress dancing on a beach at sunset. The background is a warm, golden-orange sky over the ocean. The woman is in the center-left, with her arms outstretched and one leg lifted in a dance pose.

When you begin to truly LIVE your LIFE in a genuine and authentic way, you'll experience more *love, passion* and *romance* by default!

Because, it's a fundamental law of the universe (The Law of Attraction) that like attracts like.

So you see, finding
'the love of your LIFE' is key to romance.

If you just see romance as an something you ONLY experience when you're with engaged in an intimate partnership, then you'll be missing out on so many wonderful experiences.

Remember the redefinition of romance?

Romance is love, expressed?



A great way to express love is by practicing **gratitude**.

Spend just a few quiet minutes each day to reflect on the things you are glad to have in your life.

This can really help you to appreciate what you love and to consider more ways to enjoy more romance in your life.

Got 'bad' stuff going on? Quiet moments can help you determine how to deal with the undesirable things in your life.

Do you need to let go of people, feelings, resentment?

*Grant me the serenity to accept
the things I cannot change.
The courage to change the things I can
and the wisdom to know the difference.*

Reinhold Niebuhr (1892–1971)

Is it time to forgive?

Forgiveness is very freeing, it does NOT mean condoning someone's poor behaviour or misdemeanours, it does NOT mean having to face them and say 'I forgive you', it means:

REJECTING THEIR POWER OVER YOU!

Re-defining established terms and re-framing your thoughts are integral to CHANGE.

Here are some more re-defined (or re-invented or re-emphasised or re-iterated...) terms that really help to see things differently:

Relationship:

Re-define this word to mean the interactions we have with ALL other beings, not JUST who you live with as a spouse or similar.

Friendship, kinship, partnership, relationship...they're all 'SHIPS' in which you sail with others!

The **relationship (interaction)** you have with people in your world are all important, even those interactions with strangers, remember Barbara Fredrickson's interpretation of love:

Practice 'positivity resonance' every day.



Date

Put simply, a date is a *pre-arranged, social appointment, engagement or occasion.*

“How about we meet up for a chat and lunch?”

“Fancy watching the football at the pub later?”

They're both **dates**. Use this term to describe **Me-time**; to have a **date** with yourself. You could also have a **date** with your kids, pets, family. **It's about MAKING TIME for people...and yourself!**

Go on lots and lots of 'Dates'.



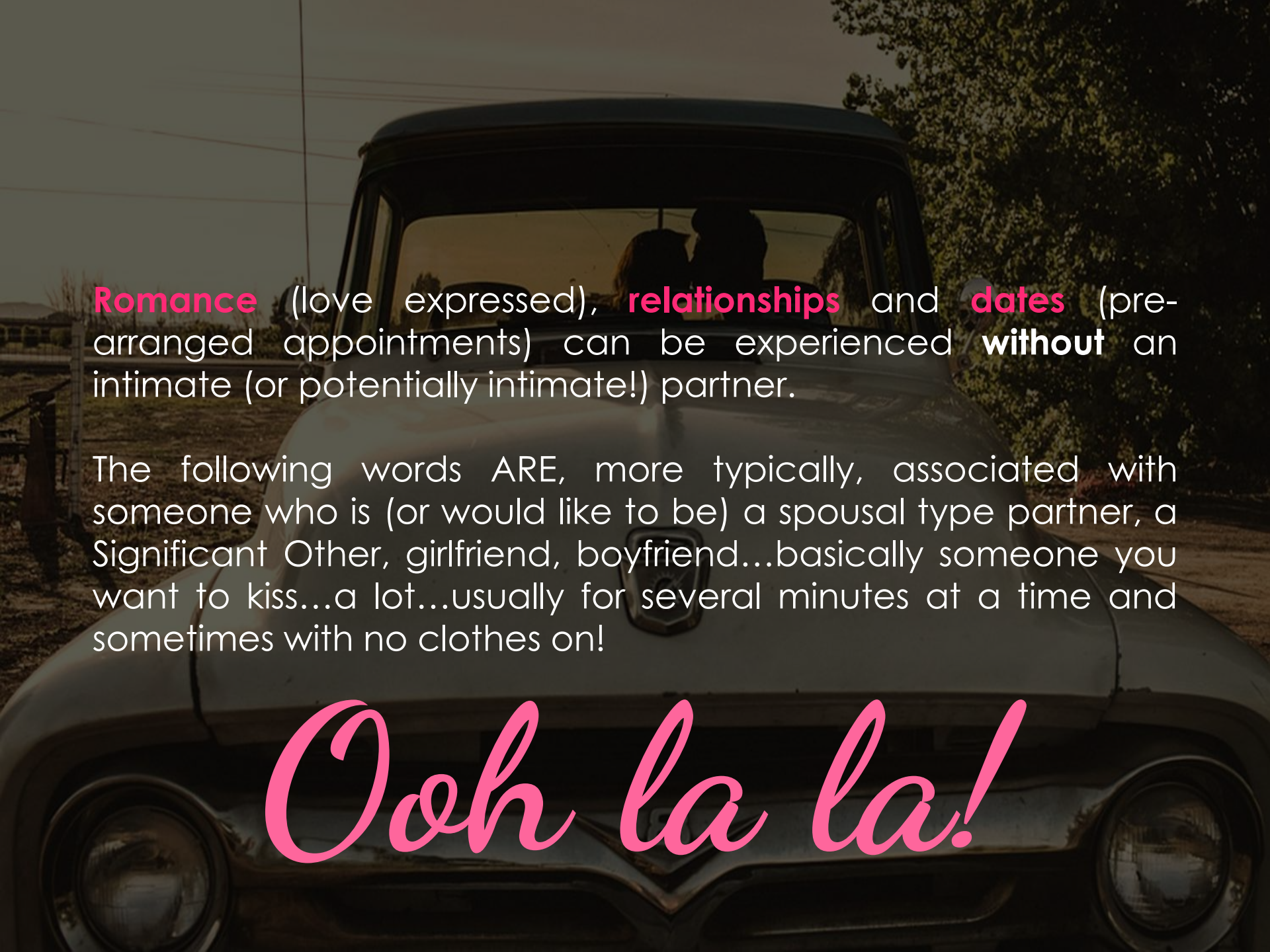
If we demonstrate more romance (love, expressed), just think how different and wonderful things would be.

Imagine if people were thoughtful and considerate in business!

And in schools, if we adopted a more 'romantic' approach, what a difference we'd make to our growing generations.

It's so easy to get caught up in other people's drama, to be drawn to arguments on social media, to lose human connection with people around us because we're 'too busy'!

Make time for 'relationships', go on lots of 'dates'...



Romance (love expressed), **relationships** and **dates** (pre-arranged appointments) can be experienced **without** an intimate (or potentially intimate!) partner.

The following words ARE, more typically, associated with someone who is (or would like to be) a spousal type partner, a Significant Other, girlfriend, boyfriend...basically someone you want to kiss...a lot...usually for several minutes at a time and sometimes with no clothes on!

Ooh la la!



Dating (verb):

The period of time to describe the activity of people getting to know one another before any form of exclusivity commitment is made.

“We’ve been **dating** for 2 months now”



Courting.

An old fashioned term, has been replaced in recent decades by the all-encompassing word 'relationship'.

It was used to describe the next level for people who were 'dating' and have decided to commit themselves to each other exclusively, traditionally with the intention of getting married (nowadays people opt for live-together).

Let's re-instate this word it's a great one!

OK, so *romance is love, expressed.*

Romance starts with YOU

You can **SEE** romance EVERYWHERE
when you *open your eyes* to it.

What's next?

Step #4:

DOO

Romance

So, how do we DO *romance*?

Why, with gifts of loving kindness of course...



And here's a gift from me to you, gifts of love
you can share with others. Let's look inside...



- ♥ Attraction
- ♥ Affection
- ♥ Attention
- ♥ Appreciation
- ♥ Admiration
- ♥ Adventure

How you present **appreciation, affection, admiration, adventure, attraction** and **attention** will depend on you - and the recipient.

Remember, **romance** starts with you. Be your own BFF!



Giving people (especially yourself) your **undivided attention** is priceless and makes people feel **appreciated**.



Adventure doesn't have to be a trek to Kathmandu but, even **small surprises** or experiences beyond the normal, hum-drum routine of life can be **adventures**.



Showing **affection** in meaningful, **thoughtful** ways means a lot, they don't have to be grand gestures, just ways of making yourself or the recipient **feel the love**.



Admiring qualities and skills helps to feel **valued, respected** and **appreciated**.



And **attraction**, the 'likability' factor. Can't say this enough, you've gotta actually **LIKE** a person (**especially YOURSELF!**)



Use your VOICE for kindness,

Your EARS for compassion,

Your HANDS for charity,

Your MIND for truth

and your heart for love.

You know, typically we're conditioned to believe that fellas don't **do romance** (except to get sex!). But is this true?



Well apparently:

What men want is:

“To feel wanted, needed and loved, which is of course the ultimate point of any romantic gesture

<http://www.redbookmag.com/love-sex/advice/men-find-romantic>



**No kidding?
So both men AND women want
'Romance'!**

It just looks a little different to each person:



"Let's go for a nice bike ride tomorrow"

Communicate!

Be honest with yourself (as well as with the people in your life), this is vital! Most angst is caused by a lack of clear communication.

Whether you're in an intimate relationship or not, remember to be clear about your wants, needs and desires, this is paramount. If you worry about what the other person will think of you or your wants, **it's time to let this go.**

You are entitled to a choice, an opinion and to honour yourself, if someone deliberately belittles you or deliberately behaves in a way that makes you feel small **it's time to let them go!**

A huge portion of the frustration and unhappiness in humanity is down to fear and to lack of clarity and honesty, ESPECIALLY between the sexes! (Remember the **bike ride!**)

A time for change.



Redefine romance: **Romance is love, expressed.**



Be Romance: **love yourself.**



See Romance: **Romance is everywhere.**



Do romance: spread the joy with **acts of loving kindness.**



Shifts in perception don't always happen overnight, I get that.

Change isn't always easy, I REALLY do get that too!

Sometimes, when you do choose to change (even for the better) it unsettles those around you if they can't see your purpose. This is THEIR fear, maybe it's not their time yet.

Sometimes when you choose to change things, YOU may feel unsettled too. It's normal. Your brain and body wants to follow the 'path of least resistance', what we call 'habit'.

The 'unsettled' feelings mean you're at a junction. A junction means choice. You can now choose the path you want.

There is no right or wrong way, just experience and learning.

Remember...

“Every great journey begins with a single step”

Let's go...

Darling, get ready for the best, darned
love affair of your life!

Hello gorgeous!



What was your 'lightbulb' moment? Perhaps an inner shift or maybe a revelation? I'd love to hear about it.

And, what is the one totally do-able thing you're taking away from this that will help you enjoy more romance (remember, 'Romance is Love, expressed') in your life today?

Go on, write to me here Stephanie@looseknickers.com and share your ideas to enjoy more romance!

Not on my email list? [Sign Up here](#) for regular Wise Words, updates and inspiration to Live Happy, Date Wisely and Love Better... let's get rid of bad romance forever!

Until we meet again, wishing you lots of love, light and oodles of romance.

Stephanie xxx

References and Thanks

Love 2.0: how our supreme emotion affects everything we think, do and become.
Frederickson, Barbara. L. 2013, Hudson Street Press

Stock Images courtesy of: www.pixabay.com

Photographs of me: Miss D J, my BFF!

And a big, fat thank you to all those people who give me the encouragement to get out there and DO romance, especially my son who is possibly one of the most romantic people I know!