

Introduction



Once upon a time, there lived a Fair Maiden who dreamed of finding her Prince Charming. As she grew, she wandered the land in search of the man of her dreams, kissing numerous frogs in the hopes they would manifest into a prince. Her parents expected her to meet her beloved by the time she was 16, have children, and live happily ever after. Being 23 years of age, the Fair Maiden began to fear she would spend the rest of her life alone. Meanwhile her parents began to worry that their daughter would never marry or give them grandchildren.

The pressure and the fear were overwhelming for the Fair Maiden, so she went into the forest and resumed kissing frogs, determined not to leave until she met the man of her dreams, or at least one she could live with. And that is exactly what she did. During her quest, she came upon a fairly handsome frog, dark green in color with round dreamy eyes and a few warts. Their eyes met, she kissed him, and he turned into just a Man. Feeling desperate to appease her parents and start her own family, she decided he would do and married him in the spring.

The relationship between the Fair Maiden and the Man had not been a smooth one. In the beginning they enjoyed each other's company, enjoyed each other's pheromones, and spent an enormous amount of time together, as newlyweds often do. It was not long after the honeymoon that the couple began to argue and spend less time with each other. The Fair Maiden began to resent the Man for being lazy and unmotivated, as he preferred relaxing on the couch to helping with the household chores. She felt ignored, as though he forgot she existed in the castle. The Man on the other hand had grown weary of the Fair Maiden's incessant nagging, making him feel like nothing he did was good enough, complaining he would not talk to or spend time with her. The Man figured now that they were married the maintenance of the relationship would be effortless, just like it was in the beginning. It never occurred to the Fair Maiden to communicate her feelings or needs to the Man—she was hoping he would one day just “get it” and return to being the Man he was the day they met in the forest.

Early one morning another heated argument ensued. The Fair Maiden asked the Man if he would go to the theater that evening. The Man replied, “I don't feel like going, why not ask one of your friends?”

Feeling hurt and rejected, again, the Fair Maiden cried, “You never want to do anything with me anymore, all you do is sit on that stupid couch! We have not gone out in months!”

The Man, feeling frustrated, yelled, “I work hard all week. I am constantly at someone’s beck and call, and I just want to relax on my day off! Why do you always take everything so personally? Why can’t you ever be happy?”

Incensed, the Fair Maiden screamed, “What do you think I do all week? I maintain the household, getting no help from you! All I am asking for is some quality time with my husband, is that so much to ask? I am tired of you taking me for granted!”

“So now I am a lazy and unfit husband?”

“If the shoe fits!” shrieked the Fair Maiden, who swiftly left the house and retreated to her garden.

While in the garden, the Fair Maiden began to reflect on her life and her choices and then began to sob. Suddenly a Wise Fairy Guardian appeared in the garden and asked the Fair Maiden why she was crying. The Fair Maiden looked up in surprise and said, “I am unhappy with my life and with the Man I married. Neither he nor my life has turned out like I expected.”

The Wise Fairy Guardian replied, “What were you expecting? And what is it that you want?”

Well this profound reply stopped the Fair Maiden dead in her tracks. She realized at that moment she had never thought about what she wanted or her expectations for a relationship; all she ever thought about was the importance of questing and landing her man. Then a thought occurred to her: how was the Man supposed to make her happy if she did not know how to be happy herself? As a result of this grand insight, the Fair Maiden returned to the castle, locked herself in the highest tower, and began to journal. As she wrote she discovered in order to have a healthy relationship with her Man, or any other man for that matter, she needed to have a healthy relationship with herself. Thus began her journey toward self-discovery, which would prepare her for her lessons in learning how to develop effective skills for a healthy, intimate relationship.

As it turned out, the Fair Maiden was not the only one in the Kingdom who was in an unhappy relationship. Many a commoner had made similar mistakes, such as blindly seeking love and having no idea what they were looking for, only to be in a relationship as opposed to being alone. The commoners could not be blamed for their mistaken ideas. These mistakes are universal as humans have this innate need to belong, be social, and mate. People want to fall in love and live happily ever after, the problem is, love is not a fairy tale and no one ever tells them what really happens after the “happily ever after” begins.

This is where our story truly begins; it is about the work that takes place to maintain a healthy relationship once the initial attraction wears off, and more importantly, how to attract the “right person” in order to begin building a healthy relationship. Relationships are hard enough to maintain, without having to fight your way through with the wrong person. There are no perfect relationships; we are just humans trying to find a loving partner to navigate life with. It takes work, and there is conflict, but with the right skills and the right person it can be extremely satisfying. This is what the Fair Maiden is about to discover.

It is my greatest hope that the information presented in this book will help alleviate the many unnecessary broken hearts and love turning to hate that so often result from entering relationships for the wrong reasons.