



3 RELATIONSHIP DESTROYERS

and how to break the cycles
that are tearing you apart

*By Christian Pedersen
and Sonika Tinker*

THE
ManKind Project[®]
U S A

Congratulations!



Christian Pedersen & Sonika Tinker

If you're in the midst of the struggle...

you've just taken an action that could save your relationship. That may sound like a big promise, but we know that working on these three things with your partner can start to change everything - we've seen it happen over and over.

In 20 years of working with couples and individuals, Christian and I have seen and heard it all. We've spent tens of thousands of hours studying, researching, coaching, and building courses to help men and

women (just like you!) improve their relationships and get back to the love and connection they long for.

With the thousands of couples we've helped over the years—and in our own relationship!—we've seen patterns emerge in the way couples relate that are nearly guaranteed to destroy their relationship. We HATE seeing good, loving people fall into these destructive traps. With that in mind, we thought it would be important to share with you what we have discovered to be the **Top 3 Relationship Destroyers**.

We know **Destroyer** is a strong word, but when left unchecked, any one of these three negative patterns can literally tear relationships and marriages apart.

This ebook includes a very brief description of each of the Destroyers, and a link to a short video describing the destroyer... and what you can begin doing to heal the rift. We hope you enjoy it. And we look forward to continuing our conversation with you.

To your LOVE!
Christian & Sonika



RELATIONSHIP DESTROYER #1

Too Much Acid in Your Relationship

This one is even scientifically proven to lead to divorce! Researchers in the so called “Love Lab” in Seattle, WA have shown that too much negative interaction — or “acid” — in your relationship has the same effect on your love life that too much acid does in soil: pH gets way too low, and it becomes impossible to grow anything, and eventually kills off living plants (your love!).

When you begin to feel that your relationship isn’t going as great as it once was, or you’re not getting your needs met; what do you generally do to try and make it better? Well, you point out the problem. You tell your partner what you don’t like, or what the problem is. Unfortunately, no matter how reasonable you try to be; to your partner, it only sounds like complaining.



*FIND THE MAGIC RATIO,
watch the video!*

You complain to affect change. In order to solve your problems, you say things like,

“You never listen”

“You don’t want to have sex anymore”

“Do we really have to talk about this AGAIN?”

What’s more, it’s not just a problem when there’s more acidic interactions, it’s made worse because there are fewer positive ones in comparison. It turns out you can use the ratio of positive-to-negative interactions, verbal and nonverbal, to literally predict if your relationship is stable or headed for separation or divorce.

Are you curious about this magic ratio?

Do you want to know if your marriage/relationship
is stable or in real trouble?

Then, watch our short Relationship Destroyer #1 - [Click here!](#)





Relationship Destroyer #2

Infrequent, Boring or No Sex

It may sound radical, but thousands of couples — perhaps you? — have experienced first hand that nothing erodes the foundation of a relationship faster than not having regular sex and physical affection.

In the beginning of relationship, when you first fall in love, your sexual desires are heavily driven by a wonderful-feeling cocktail of hormones and biochemistry running through your brain and veins (feels like, “Mmmhhh, I WANT you!”).



GET MORE SEX,
watch the video!

After some years, this biochemical “cocktail” naturally abates, and now it’s up to YOU to make sure sex and intimacy is kept alive.

As life gets busier, taking time to make love and lay in each others’ arms gets pushed to the bottom of the list.

So by now, you might be waiting for those “right moments” when you both really want to, when your work is done, when the kids are out of the house or sleeping, and your calendar is freed up.

But how often does that happen? (see our video for more on this...)

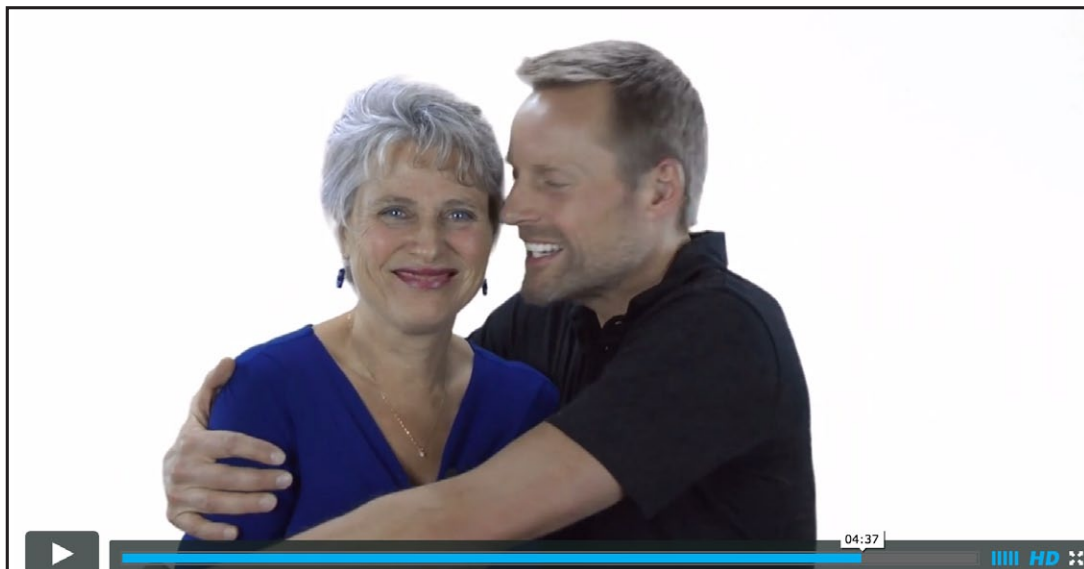
When sex and intimacy decrease, there is a profoundly negative impact on the fabric, connection, and strength of your relationship. That’s why we call it a relationship destroyer!

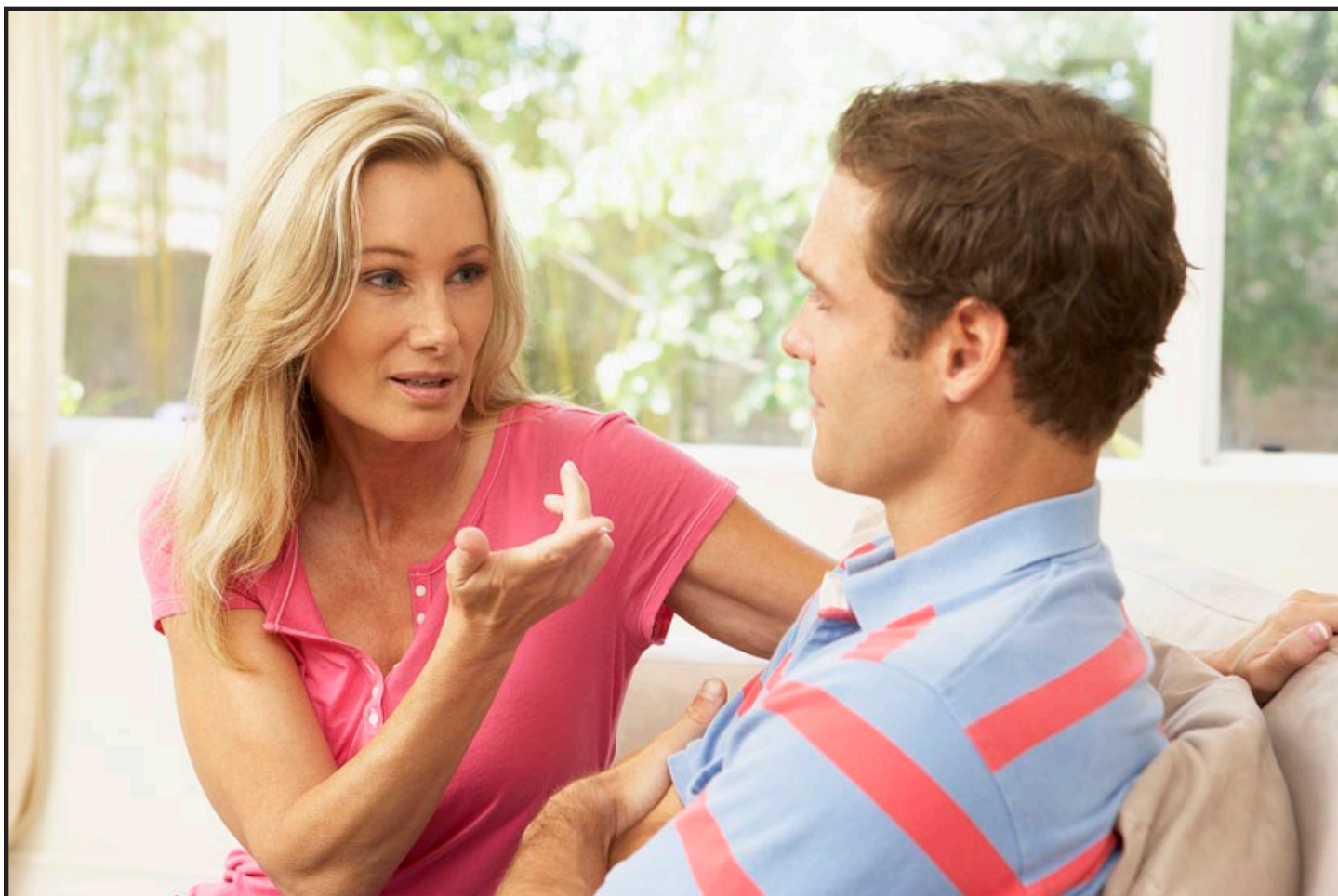
Dr. Kerner, PhD, therapist and best-selling author of several books on sex, says:

“In my experience, when couples stop having sex their relationships become vulnerable to anger, detachment, infidelity and, ultimately, divorce. Without it [sex], couples become ‘good friends’ at best, or ‘bickering roommates’ at worst.”

From passionate lovers to “good friends” or “bickering roommates” — Yikes!

[Watch our brief video for more on creating hotter sex - Click here!](#)





Relationship Destroyer #3: **Trying to GET**

In the beginning of relationship, when love is abundant, sex is plenty, and you whisper sweet nothings in each other's ears, all of your needs for appreciation, love, respect, and sex are satisfied. You feel full to overflowing!

At some point, it changes. Your partner stops talking to you like you're a God, stops wanting sex every day, stops wanting to spend time with you exclusively. Reality kicks in. Disagreements appear. Differences get more visible.



*HAVE WHAT YOU WANT,
watch the video!*

Now that you have less, you WANT more, so you try to GET more. More touch, more time together, more alignment, more peaceful communication, more spontaneous sex, more agreement, more freedom, more ...

Same is true for your partner, of course. He or she now WANTS more from you, and tries to GET more from you... more presence, more attention, you name it.

But there's a real problem with wanting and trying to GET... Something we discovered several years ago.

[In this brief video, we'll show you how this problem plays out, and give you an idea for what to do about it - Click here!](#)



Ready to Take a RISC?

We've worked with the ManKind Project USA to build and offer TWO incredible opportunities for couples to continue to grow. One of them will be starting very soon!

Don't miss out. **Join us and take the RISC:**

Relationship, Intimacy, Sex & Communication



Take the RISC Challenge

A 70 Minute Webinar outlining 4 Core Relationship Principles to help your relationship thrive ... followed up by a 4 Day Exclusive Challenge Series in a closed group on Facebook to jump-start your success!

[Click here to take theRISCchallenge.com](http://theRISCchallenge.com)



Take the RISC Course

A 7 Week DEEP DIVE into building the relationship you deeply long for. This course covers every aspect of your relationship life and will give you incredible tools for handling the tough stuff and increasing your joy, connection, and intimate DRIVE!

[Click here to take theRISCcourse.com](http://theRISCcourse.com)