

Basic Romantic Elements

Stages in a Relationship

- *Romance*
 - Brain releases a mixture of chemicals that make your heart thump and light a fire elsewhere
 - See the world through rose-colored glasses
 - Ignore your partner's flaws
 - Believe love will last forever
- *Power Struggle*
 - Feelings of disappointment and anger seep into the relationship
 - One partner may pull away, the other feels emotionally deserted
 - Couple must establish independence, without destroying the love connection
- *Stability*
 - Thrill of being in love returns
 - Both accept that they will never change the other
 - Develop boundaries that both accept
- *Commitment*
 - Accept each other's shortcoming
 - Consciously choose to be together
- *Bliss*
 - Agree to be together and work together in the world, in a business, a family

Stages of Intimacy

- Hugging
- Holding hands
- Closed mouth kissing
- Open mouth kissing
- Caressing/touching
- Clothes come off
- Touching private parts
- Oral sex
- Sexual intercourse

Erogenous Zones

- *Lips* – Respond to kissing, gentle touching with fingers, sucking on, or nibbling
- *Eyelids* – Respond to gentle brush with fingertips or tongue
- *Eyebrow Area* – Respond to gentle rub or lick
- *Ears* – Respond to gentle suck of the earlobe or probe of inner ear with tongue
- *Neck* – Respond to gentle suck and lick
- *Hair* – Respond to gentle pull of the hair
- *Nipples* – Respond to gentle swirl of the tongue around or gentle bite
- *Breast Area* – Respond to light caress or lick of the valley between the breasts
- *Inner Arms/Inner Thighs* – Respond to gentle run of hands or fingers along the areas or light kisses
- *Hands/Fingers* – Respond to light run a finger over the palm or underside of fingers
- *Knees* – Respond to light touch and lick the hollow behind the knees
- *Feet/Toes* – Respond to an erotic foot massage or light run of a finger along the soles and toes
- *Navel* – Respond to a light lick of the perimeter of the navel or a plunge of tongue into navel
- *Buttocks* – Respond to gentle pinch, lick, bite, or massage

Women's Romantic Styles

- *Meg Ryan* – Sweet and adorable, girl next door
- *Jane Eyre* – Romantic and idealistic
- *Jane Seymour* – Classic and elegant
- *Ingrid Bergman* – Smooth and intriguing
- *Billie Holiday* – Artistic and loyal
- *Elizabeth Barrett Browning* – Poetic and artistic
- *Mae West* – Sassy and bold
- *Madonna* – Bold and fun
- *Scarlett O'Hara* – Feisty and dramatic
- *Juliet* – Passionate and impetuous
- *Marilyn Monroe* – Sultry and seductive
- *Greta Garbo* – Sensual and enigmatic
- *Cher* – Exotic and creative

Men's Romantic Styles

- *Jimmy Stewart* – Boy next door
- *Clark Gable* – Smooth and smart
- *Fred Astaire* – Sophisticated and elegant
- *Rhett Butler* – Arrogant but charming
- *Indiana Jones* – Adventurous and charmingly bumbling
- *Cyrano de Bergerac* – Witty and literary
- *Lord Byron* – Poet and dreamer
- *Vincent van Gogh* – Artistic and moody
- *Sean Connery* – Dashing and experienced
- *Don Juan* – Seductive and charming
- *James T Kirk* – Adventurous seducer
- *Romeo* – Passionate and impetuous
- *Don Quixote* – Irrepressible and outrageous
- *James Bond* – Playboy heartbreaker
- *Frank Sinatra* – Tough but suave
- *Humphrey Bogart* – Tough guy with heart of gold
- *Paul Newman* – Rugged and quiet
- *James Dean* – Rebel and bad boy