




## Would you like to improve your love-life?

 Forward to a Friend

Connection, belonging, love, intimacy... don't we all long for those things? After food and safety, love is one of the vital needs of being human. But if it's that important, why is it so hard? Each of my clients, friends, family members or colleagues start at some point to talk about love. This includes myself by the way :)

Love: it can be absent, wonderful, frustrating, expansive, painful, heart-broken, glorious....

If you'd like some more love in your life, read on.

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## Are you single and fed-up with it?

Being the *only* one without a partner, the *only child-less* person visiting a baby shower, yet again organising *someone else's* wedding and arriving at why-not yet another event all *alone*...

You might have tried internet dating, match-making by a well-intended friend, speed dating, taking on a new hobby and blind dates, but all in vain and now you're just left worrying where and how to meet The One?! And while the clock is ticking, you might have realised you'd actually love a family of your own, maybe with children...



Many people come to coaching feeling like this. The saddest part is that many of them have started **to believe it's their own fault**. As if there must be **something wrong with them**.

Trust me, that's *not* the case.

But you might be carrying some beliefs or habits with you that obstruct you from having healthy relationships. In order to have real **intimacy** ("**IN TO ME YOU SEE**"), one needs to dare to be vulnerable. To really allow the other person to know you, all of you. And daring to be so open and honest is easier when you actually *know* yourself,

and *like* yourself, including all the funny bits. So, even though you might not want to hear it, that stuff about "loving yourself first" and "having a relationship with yourself first" actually has some merit if you'd ask me. And that's where coaching comes in handy.

Interested to find out more? Please contact Karin Peeters directly on 075 1290 9479. You can reach Vitalis Coaching by [clicking here](#). Or ask for a [free call back](#).

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## Are you in a relationship, but still feel heart-broken?

Do you know that feeling of having a partner, but still feeling utterly miserable? There could be many reasons for this, but in this newsletter we'll focus on relationships in which you are the one **giving far more than you receive back**. Are you trying everything you can in order to be the person your partner might love or give some attention? To the point of being a chameleon? Feel free to answer the following questions, and see if you recognise yourself:



1. Feeling alone even when in a relationship?
2. When you fall in love is it mostly one way traffic?
3. Are you terrified of relationship break-up?
4. Do you stay in the relationship at any cost, despite the hurt...finding excuses why your partner treats you like this?
5. Do you end up falling in love (or being in a relationship with) someone who is not available for a relationship even if they pretend to be?
6. Does your self esteem or mood depend on your partners' behaviour towards you?
7. Do you put your own needs second much of the time?
8. Do you cling to the 1% chance it will all change and work out?

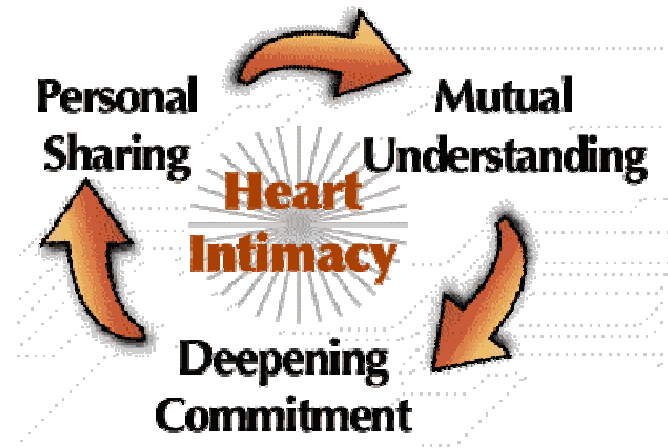
Is this you? Psychologists have come up with this thing called "love addiction". A person with **Love Addiction** can become so intensely focussed on their (potential) partner that the relationship becomes the centre of their universe and their main or only source of happiness. They feel powerless to contemplate the end of the relationship no matter how unhappy they are.

The solution is in increasing **your sense of self-worth**. People who have a healthy relationship are able to look at how the relationship makes them feel rather than just how much they love their partner. This has a lot to do with self-esteem and feeling worthy of love. Working together with a coach helps develop confidence in oneself, recognising and expressing one's needs and having a relationship that includes mutual care, respect and love.

Source: <http://www.loveaddiction.co.uk/>

Interested in speaking with me a bit more? Whenever you want, please [contact me](#), I'm looking forward to hearing from you.

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## Healthy relationships; how do we do that???

Besides having a **sense of self-worth** and **knowing yourself**, which I spoke about a few lines up, I think it has something to do with connecting on a deeper level.

Beyond talking about facts, clichés and opinions there is a place of sharing our feelings, fears and needs. And when done in a respectful manner, with active listening and a real intention to try to understand the other (without judging or having the feeling of needing to fix it all), we connect.

Because we dare to be **vulnerable**; to let ourselves be truly seen. For that we need **courage**.

I love the way Brene Brown talks about this on TED.com: [http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html)

## Book recommendation:

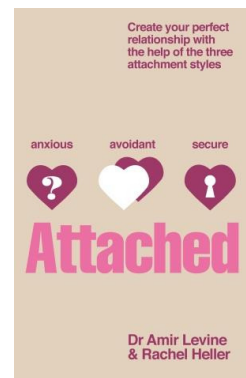
**Attached:** Identify your attachment style and find your perfect match.

by Amir Levine and Rachel Heller [Link to Amazon](#)

The science of adult attachment predicts, with a great deal of accuracy, how people will behave in romantic relationships and whether they will be well matched-on the basis of their "attachment style": Anxious, Avoidant or Secure.

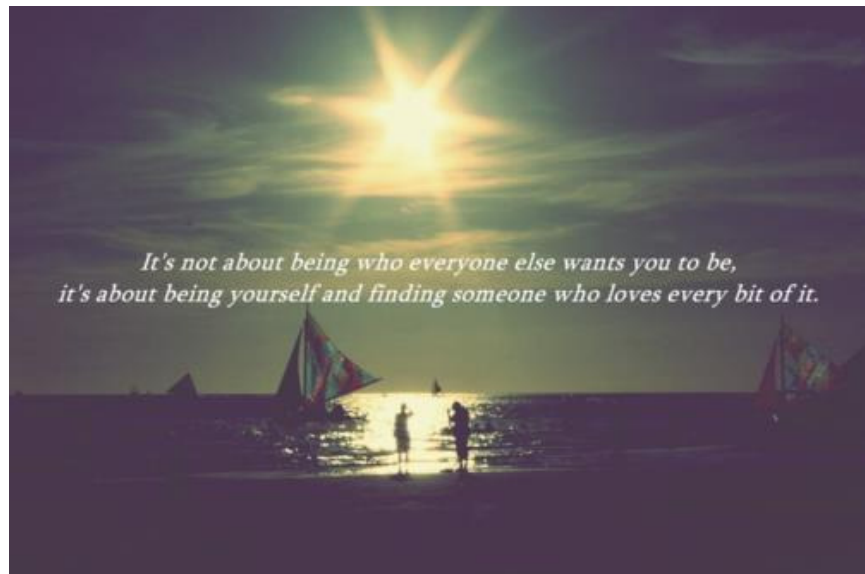
Want to know your own attachment style, do the [free online quiz](#).

Contact Vitalis Coaching to find out more: <http://www.vitaliscoaching.com/about-You/Relationship-Help.html>



## What our clients say:

"I was very pleased to have worked with Karin Peeters, **she helped me to look into myself** and see issues that I did not want to face. I have learnt a lot about myself and my past relationships. Life Coaching helped me to look to the future in a more positive manner".



Natalie ~ 36 years ~ City Banker of Italian descent in search of Mr Right.

[To read more testimonials click here.](#)

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## Free Coaching Session:

If you have the honest opinion that coaching is beneficial to any of your friends, family and/or colleagues, I'll be honoured when you refer them to my services. If someone you've referred to us signs up for coaching sessions with me, I will happily offer you a one hour coaching session free of charge. Thanks in advance!

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## Contact Us

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