

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development



DR JANET HALL  
CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST  
PASSION NEWS



DR JAN'S  
ONLINE SHOP



[drjanethall.com.au](http://drjanethall.com.au)



[bedwetting.com.au](http://bedwetting.com.au)



[sex-therapy.com.au](http://sex-therapy.com.au)

## How Good Is Your Relationship?

© Dr Janet Hall

If you want to feel really alive, have high energy and mental alertness you must be comfortable with your own sexuality. It is 25% of who you are!  
The three other 25% are your soul connection, mind connection and heart connection.

Can you assess how good your relationship is right now?

### 1. Are you Soulmates?

Does being with your partner make you feel like you have come home?

### 2. Are you Mindmates?

Do you share common values, beliefs and goals?

Do you understand and appreciate your personality differences?

In terms of the overall relationship are you happy with the friendship that you have, the trust, the love?

Are you happy with the honesty of your partner - the amount of communication, the equality of communication- or is there a power struggle?

### 3. Are you in love from the heart?

Are you happy with the amount of romance - the quality of romance and the balance of who initiates the romance in your relationship?

Are you happy with the feelings, thoughts and experiences that are shared and the fun that you have?

### 4. Are you sexually fulfilled?

Assess your quantity of sex:

How often do you currently have sex?

How often would you prefer to have sex?

What days of the week, time of day or specific situations do you usually have sex? When would you prefer to have sex?

(Some people are limited to a routine of only having sex on Saturday nights. Some people tell me they're lucky if they have sex only a few times a year on festive occasions such as Birthdays and Christmas!)

Next think about the quality of your sex-life:

Is the chemistry fantastic?

Are you passionately intimate?

Are you happy with the affectionate touching, the foreplay, the time spent? Is sex sensational?

OR could your sex-life do with some sparking up?

SO HOW DO YOU SCORE?

ARE YOU IN YOUR IDEAL RELATIONSHIP? DOES IT MAKE YOU HAPPY?

## REMINDER - FREE TALK!

Dr Janet Hall presents:

### HOW TO ENHANCE INTIMACY IN A LOVING RELATIONSHIP

Too much to do? No time to make love? Stresses involving money, raising children and busyness at work may affect everyone. Busy people are especially challenged by the stresses of finding quality time for intimacy together.

This presentation is for those who would like to learn tools to increase friendship, fun, and sensuality.

Dr Jan will teach you how to communicate openly and positively to increase the intimacy in your relationship.

WHEN: You Choose: Tuesday 17th February OR Thursday 5th March

WHERE: 111 Hoddle St Richmond

(easy parking in Egan St around the corner or Gipps St over the road)

TIME: 7.45pm Registration Talk 8-9

YOU GET: To leave with a gleam in your eye and a glow in your heart.

SINGLES WELCOME AS WELL AS COUPLES!

BOOKINGS ESSENTIAL: Ph 94193010 Email: [jan@drjanethall.com.au](mailto:jan@drjanethall.com.au)

Dr Janet Hall's Passion News  
Don't forget Dr Jan's general newsletter- subscribe at the bottom of this email.

Please feel free to forward this eZine - in full, with copyright, contact, and creation information intact - without specific permission, to anyone you feel would be interested or may benefit. Dr Janet Hall's email list is not supplied to anyone. It is only used to mail this eZine.

This newsletter and its contents are copyright © 2007 by Dr Janet Hall. All rights reserved. No part may be reproduced in any form, without explicit written permission from Dr Janet Hall.

You have received this eZine because you have subscribed or you have contacted Dr Janet Hall regarding her services. You can unsubscribe or change your subscription details below. Please feel free to forward this eZine - in full, with copyright, contact, and creation information intact - without specific permission, to anyone you feel would be interested or may benefit. Dr Janet Hall's email list is not supplied to anyone. It is only used to mail this eZine.

This newsletter and its contents are copyright © 2007 by Dr Janet Hall. All rights reserved. No part may be reproduced in any form, without explicit written permission from Dr Janet Hall.

---

--

If you do not want to receive any more newsletters, [use this link](#)

To change the newsletters that you subscribe to (eg Passion News or General News), [use this link](#)



---

This email has been scanned by the MessageLabs Email Security System. A service provided in Australia by Barlington. For more information please visit <http://www.barlington.com.au>

---