



Flirting With Your Partner

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Our Definition of Flirting

- A special language of touch, body position, innuendo, voice tone, and eye contact that conveys interest or preference
- Keeping things on simmer, being playful
 - Adds a layer of lightness or fun to interactions
 - Couples flirt to keep their sensual relationship alive, even if only in the background
- A way to connect, to draw closer
- A way to signal a desired shift or transition
 - From conversational to sensual
 - From sensual to sexual



The Etiquette of Flirting

RULE 1: Invite without being demanding

RULE 2: Leave your partner feeling comfortable and complimented, even if they say “No”

RULE 3: A continual series of invitations and responses

- A positive response is only an agreement to flirt a little more

RULE 4: Invest in the process, without attachment to a particular outcome

RULE 5: Choose a level likely to be successful and comfortable for both



Levels of Flirting

LEVEL 1: Showing basic respect, thoughtfulness, attention, consideration

- Be nice to each other...the “Nordstrom approach”

LEVEL 2: Displaying affection, genuine liking, and/or love

- Research demonstrates that knowing your partner likes you has a positive effect on the relationship...DUH!

LEVEL 3: Being playful and/or romantic

LEVEL 4: Being suggestive or seductive



4 Levels of Email

- **SUBJECT: Need groceries**
 - Could you pick up some milk and eggs on the way over tonight? It would help a bunch. Thx.
- **SUBJECT: Need groceries**
 - Could you pick up some milk and eggs on the way over tonight? How are you holding up? You said it might be a tough day. Love you.
- **SUBJECT: Eggs and dates**
 - I need some milk and eggs. Could you get some?
 - I've also been thinking about our upcoming date night. Really looking forward to having some time ALONE with you. XOXOX
- **SUBJECT: I have needs**
 - I need some milk and eggs. Could you pick some up on the way home?
 - When you get here, I have other needs to discuss. Don't dawdle. Can't wait. Add whipped cream to list.



Talking With Each Other

- What are some of the ways I flirt or connect with you that you like? (Take turns)
- What are some *new* ways I could flirt or connect with you that you might like? (Take turns)
- What are some flirts I've done that you consider a 1 or 2? A 3 or 4? (calibrate your scales)



Sample Flirts

Smiling

Bump each other affectionately

How did that presentation go?

Terms of endearment

Taking time to hug and kiss goodbye or hello

You have such pretty eyes / hair / smile.

Post-Its in surprise places

Creating your own special rituals

eCards

Voice mail messages

While we drive, I put my hand in his lap...well, mostly in his lap.

Chocolate

Affectionate touch in passing or while talking

Private jokes, private vocabulary

Compliments or daily appreciations

The 6 second kiss and the 15 second hug

Eye contact while talking

Holding hands as we go to sleep



Some Final Thoughts

- Flirting is **not** a way to maneuver your partner into something they do not want
 - It *is* a way to cultivate mutual desire
- Flirting is **not** a substitute for addressing unresolved couple issues
- Acknowledge your partners' effort
 - You can say "No" to an invitation and still say "Yes" to the relationship
 - Do your best to hear refusal rather than rejection
 - Don't miss the little repair or connection attempts
 - Be generous with positive feedback
- The process is the **real** outcome
 - Could end up honoring your partner's desire to be alone