

DATING AFTER A TOXIC RELATIONSHIP?

Learn How to do it

QUIZ:

Which relationship archetype are you?

NAVIGATE DIFFERENT SEX DRIVES

How to handle mismatched sex drives

How Two Therapists Built a Modern Family

Meet Ashley Ayala and Rob



VOL. 11



Argentina: Love without labels

One of the things that surprised us most about Argentina wasn't just the steak, the wine, or even the tango—it was how openly people talk about relationships. On radio programs, in casual conversations, even on public panels, topics like open relationships and polyamory aren't taboo—they're just part of the dialogue.

Now, we don't personally practice open relationships or polyamory, but we couldn't help but admire the honesty and openness. There's something refreshing about living in a culture where people can speak so freely about what works for them, without shame or judgment.

It reminded me of an important truth: there really is a place for everyone. Love doesn't come in one formula or one definition—it comes in countless forms. And if you haven't found your match yet, maybe it just means you haven't found your crowd.

That's the beauty of relationships—whether monogamous, open, or something else entirely—at the end of the day, it's about finding the people who make you feel at home.

**With love, from Buenos Aires,
Daniel & Daniella**



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Relationship Routines vs. Relationship Ruts

Finding the Sweet Spot

Routines can be the heartbeat of a strong relationship—but there's a thin line between comforting consistency and full-blown autopilot. Whether it's your Sunday grocery run or weekday Netflix rituals, routines can create connection or feel like a snooze-fest. The trick is building rituals that keep you close without slipping into predictable boredom.

Here are 5 ways to make your routines feel romantic instead of robotic:

1 Identify What Fills Your Cup

Not all routines are created equal. Pay attention to the habits that genuinely bring you closer—like morning coffee chats or weekend walks—versus the ones that feel stale, like zoning out on your phones side by side. Keep what fuels connection, and ditch what drains it.



2 Schedule Intimacy Without Making It a Chore

Planning couple time doesn't mean the magic is gone—it means you're prioritizing each other. Mark down date nights, but keep them flexible and fun. Think: Tuesday tacos, a spontaneous playlist dance party, or a themed movie night. It's structure with a sprinkle of surprise.



3 Shake Things Up Once in a While

Consistency is great, but routine shouldn't mean rut. Swap your go-to brunch spot for a new café, try a different workout together, or surprise your partner by flipping the script on who plans date night. Tiny twists keep things exciting.

4 Communicate About Comfort Zones

If one of your rituals is starting to feel more like an obligation than a joy, speak up! Chances are, your partner might feel the same. A quick check-in helps you both recalibrate and create routines you both actually enjoy.

5 Celebrate the Ordinary

Don't underestimate the magic in little things. Cooking dinner together, folding laundry while sharing funny stories, or saying goodnight intentionally can all become rituals that strengthen your bond. Sometimes, the small stuff is what makes love feel big.

Routines can either keep you grounded or make you feel stuck—the difference is all in how you approach them. By staying intentional, sprinkling in surprises, and celebrating the everyday, you'll keep your rituals fresh, fun, and full of connection.



Dating After a Toxic Relationship

How to Start Fresh

Coming out of a toxic relationship is like stepping back into the sunlight after being stuck in a storm for too long. It's confusing, emotional, and sometimes even scary—but it's also powerful. Whether you were gaslit, manipulated, emotionally drained, or simply made to feel “less than,” this chapter isn't about what happened to you. It's about what happens next.

Let's talk about how to start fresh—with your confidence, your clarity, and your standards intact.

Step 1: Acknowledge What You've Been Through

Toxic relationships mess with your sense of self. You might find yourself doubting your instincts, blaming yourself, or questioning what's normal.

Let's be clear:

- It wasn't your fault.
- You're not overreacting.
- And yes—healing is messy, non-linear, and so worth it.

Tip: Name what happened. Journal it. Say it out loud. Talk to someone you trust or a therapist. The more you own your truth, the less power it holds over you.



Step 2: Rebuild the Relationship with Yourself

Before you start dating someone new, rebuild the relationship that matters most—the one with you.

Ask yourself:

- What do I enjoy when no one's watching?
- What does safety feel like in my body?
- What are my new non-negotiables?

Self-love isn't a trend—it's a foundation.

Do the things that make you feel grounded. Reconnect with your people. Create routines that make you feel strong and cared for.

Step 3: Identify Red Flags You'll Never Ignore Again

Toxic relationships teach us something important—what not to tolerate.

Make a list (literally) of behaviors or patterns that are now dealbreakers. Some common ones:

- Love bombing
- Stonewalling
- Jealousy disguised as "passion"
- Making you question your reality (gaslighting)

Note: Red flags are only helpful if we actually listen to them. No more giving people the benefit of the doubt when your gut says otherwise.

Step 4: Start Dating Again—But Different

When you're ready to put yourself back out there, do it your way. That means:

- Taking your time to trust
- Saying no without over-explaining
- Watching for consistency over charisma
- Letting actions speak louder than words

And remember—dating is not a test of your worth. You're not trying to prove you're lovable. You already are.



Step 5: Reflect As You Go

The first few people you date after a toxic relationship aren't always your forever person—and that's okay. Think of this season as a rebuilding phase, not a final destination.

Ask yourself after each interaction:

- Did I feel heard?
- Was I being myself?
- Did I feel safe expressing my boundaries?

Growth isn't just about finding the right person. It's about becoming the person who no longer settles for the wrong one.

Leaving a toxic relationship was a bold move. Rebuilding yourself is an even bolder one. And now, you're equipped with a stronger sense of self, sharper instincts, and the courage to choose better.

You don't need to rush love. You just need to protect your peace, know your worth, and trust that the right person won't need to be convinced to treat you right.

You've already survived the worst part. Now let's thrive.

The Role of Social Media in Your Relationship

Where's the Line?

From sharing selfies to sliding into DMs—how to set healthy social media boundaries.

We love it, we hate it, we can't escape it: social media is the third wheel in almost every modern relationship. It's where we share memories, laugh at memes, and, let's be real, occasionally doom-scroll until 2 a.m.

But here's the tricky part: what happens when likes, follows, and late-night DMs start messing with your love life? Where exactly is the line between "just scrolling" and "this feels sketchy"?

When Social Media Gets Messy

- **The Oversharer:** Your partner documents everything... including your arguments.
- **The DM Dabbler:** "It's just a message, no big deal." (Yes, it is. 🙄)
- **The Silent Scroller:** Never likes your posts but somehow manages to comment on everyone else's.
- **The Privacy Phantom:** Keeps you out of their online life completely—no tags, no posts, nada.

Sound familiar? Social media doesn't cause problems on its own, but it does magnify whatever's already happening in your relationship.



Dr. Lily's Rules for Social Media Sanity

1. Define What's "Shady" for You

What feels like betrayal to one couple might feel harmless to another. Sliding into an ex's DMs, following thirst-trap accounts, posting cryptic captions—these are all gray areas. Talk it out and set your own boundaries.

2. Don't Play the Comparison Game

Remember: social media is everyone's highlight reel. Comparing your relationship to influencers' curated couple goals is a recipe for disappointment. Focus on your reality, not someone else's filters.



Dr. Lovegood's Challenge of the Month

Sit down with your partner and ask each other:

- "What online behaviors make you feel respected?"
- "What crosses the line for you?"
- "What do we want our digital footprint as a couple to look like?"
- You don't need to share passwords or post every date night—but you do need to know what makes each other feel secure online.

Social media isn't the enemy—it's a tool. Used right, it can actually bring you closer (hello, couple TikToks!). But without boundaries, it can also create cracks in your foundation.

At the end of the day, the likes, follows, and filters don't matter nearly as much as how you show up offline.

So, next time you're tempted to scroll, maybe put the phone down, look your partner in the eye, and say: **"Want to make our own highlight reel tonight?"**

3. Share, But Don't Overshare

Posting a cute selfie together? Love it. Posting every fight? **Maybe not.** Protect the intimacy of your relationship by keeping some things just between you two.

4. Transparency > Snooping

If you feel the need to constantly check your partner's phone or scroll their followers list, that's a trust issue—not a social media issue. Build honesty and openness instead of detective skills.

5. Schedule "No-Phone" Time

It's hard to feel connected when both of you are deep in TikTok rabbit holes. Create tech-free zones: dinner, date nights, or even 30 minutes before bed. You'll be amazed at how much closer you feel.

"If you feel the need to constantly check your partner's phone or scroll their followers list, that's a trust issue—not a social media issue."

In a nutshell

How long have you been together?

Married 11 years, together for 13.

Do you have kids?

Two, our son is 9 and daughter is 7.

Where do you live?

We live in Houston Texas but are from SF Bay Area.

What do you do for work?

We are both licensed marriage and family therapists and work remotely from home.

A fun fact about you as a couple:

We met at our first internship!

What dynamics or rituals do you have that make you unique as a couple, and that you would recommend to others?

We carve out time every day to check in.

What's the best way for our readers to follow or reach you?

Ashley has a thriving social media presence providing family dynamic insight and intergenerational healing support through The Modern Parent. Found through most social media channels (IG, TikTok, YouTube, Facebook). Rob runs a full private practice and supervises MFT associates virtually.



How Two Therapists Built a Modern Family

From the Inside Out Meet Ashley Ayala and Rob

Ashley and Rob Ayala are partners in every sense of the word. Licensed marriage and family therapists, co-parents to two young kids, and co-architects of a life rooted in healing and intention, they've built something far deeper than just a marriage. Together, they model what it looks like to show up—both for their clients and for each other.

Through Ashley's impactful platform, The Modern Parent, and Rob's full-time clinical practice, they're creating space for emotional safety, generational healing, and empowered parenting—starting right at home.

“You don’t need to do the same thing to be on the same team.”

How did you meet—and what was the first spark that drew you to each other?

We met at our clinical internship. Rob says it was our love of music and how direct I was. He saw me as strong and grounded, which he found really attractive. I’ll never forget the name game during orientation—he introduced himself as “Rockin Rob” and that stuck! We bonded over bands early on, and a few months later, we skipped a wedding and went to a Metallica concert instead. Music connected us then—and still does.

Ashley, your journey with The Modern Parent is incredibly inspiring. How did Rob support that leap—and how have you supported his?

Rob has supported me in every way imaginable—from getting the kids out of the house so I can film content to trusting me during pivotal business decisions, like when I gave up steady income to go all in. That kind of faith gave me the confidence to bet on myself. And it paid off—not just financially, but in allowing Rob to reduce his caseload and spend more time with the family. We’ve built this rhythm of trust and balance together.

Why did you name it ‘The Modern Parent’? And what makes your approach different?

I wanted the name to reflect what it feels like to raise kids in today’s world—where advice is everywhere, but your instincts still matter. Early on, I focused on addressing children’s behaviors with a blend of developmental knowledge, gut wisdom, and science-backed tools.

Over time, it’s evolved into exploring intergenerational dynamics—how our upbringing shapes us, and how we can break cycles to do better by our own families.





"Sometimes one of us is at 30%, and the other fills in the gap. That's partnership."

You both work in generational healing. How has your relationship grown stronger by addressing those themes together?

We talk a lot about our own childhoods—what worked, what didn't, what triggers us. Being therapists helps, but it's really about being on the same page and co-creating the kind of family we want. We're building something new—not just reacting to what we grew up with. That shared intention has made us feel even more connected.

What's one of the most transformative moments you've shared, personally or professionally?

When I was pregnant with our daughter, we found out she had a birth defect at 17 weeks. I had to quit my job and focus on managing the stress—non-stress tests, NICU prep, a toddler at home. Rob stepped up financially and emotionally. She had two surgeries and spent 23 days in the NICU. Through it all, we didn't crumble. We showed up for each other—no questions, no ego, just love and logistics. That experience bonded us deeply.

Do you have a ritual that keeps you grounded during high-stress times?

We check in emotionally. We name where we're at. Sometimes one of us is running at 30%, and the other fills in the gap. It's rarely 50/50, but it's always mutual support. That openness helps remove assumptions and keeps resentment low.

How do you navigate high-stakes disagreements?

Lots of timeouts! We've learned that not everything needs to be solved right away. Pausing and coming back when we're calm has changed everything. It gives us space to actually hear each other.

What values guide both your relationship and your work?

Emotional safety. Transparency. Mutual respect. Teamwork. And growth. We're always checking in, adjusting, and creating safe spaces—for each other, our clients, and our kids.

Ashley, how has becoming a parent shaped how you and Rob communicate?

It's made us more intentional. Parenting pushes your buttons—and when you're trying to model regulation and grace for your kids, you naturally start applying that to each other. We pause, we get curious instead of reactive, and we give each other room to be human.

Rob, what's something Ashley does that continues to inspire you?

Ashley holds space for everyone—even when she's carrying a lot herself. She's intuitive, compassionate, and constantly affirming. Watching her be that same person with our kids, her clients, and me... it's humbling.

Ashley, what's something Rob does that continues to inspire you?

Rob is unshakable. He's grounded, reliable, and calm—even in chaos. Whether he's handling school drop-offs or supporting clients, he shows up fully. That consistency inspires me every day.

Share a funny moment that brought you closer.

We flew to Newport Beach for Rob's goddaughter's wedding—me pregnant, toddler in tow—and accidentally boarded the wrong wedding boat. We didn't realize until the bride walked down the aisle. We panicked, thinking we'd be stuck. Luckily, a little jetty boat rescued us and got us to the right reception. It was chaos, but we laughed so hard. Total team effort.



What advice would you give to couples balancing marriage, parenting, and meaningful work?

Cheer each other on from the sidelines. You don't have to do the same thing to be on the same team. Let each other lead, shine, and rest. Communicate constantly. And have fun—it protects the relationship.

What's your shared vision for the future of your platform and partnership?

We want to normalize emotional awareness in families—and that starts with couples doing their own work. Strong families come from strong, intentional partnerships. We're here to help people rewrite the script and raise the next generation with more peace and presence.

Finish this sentence:

**WHY DON'T WE
START WITH OURSELVES?**

**Because healing is contagious—
and it begins at home.**

How to Navigate Different Sex Drives in a Relationship

Let's get real: no two people are going to want sex at exactly the same time, in exactly the same way, every single time. Differences in sex drive are normal in every relationship. One of you might be ready to go daily, while the other feels more like once a week (or less). And that doesn't mean your relationship is doomed—it just means you need to learn how to navigate the gap.

Here's how to handle mismatched sex drives without frustration, guilt, or endless rejection.

Step 1: Ditch the Guilt

If your partner wants sex more often, it doesn't mean you're "not enough." And if you're the one with the higher sex drive, it doesn't mean you're "too much." Desire levels fluctuate due to stress, hormones, health, and even the dynamics of your relationship. Blaming yourself—or your partner—just adds unnecessary tension.

Reminder: You're not broken. You're just different, and that's okay.

Step 2: Talk About It (Without the Eye Rolls)

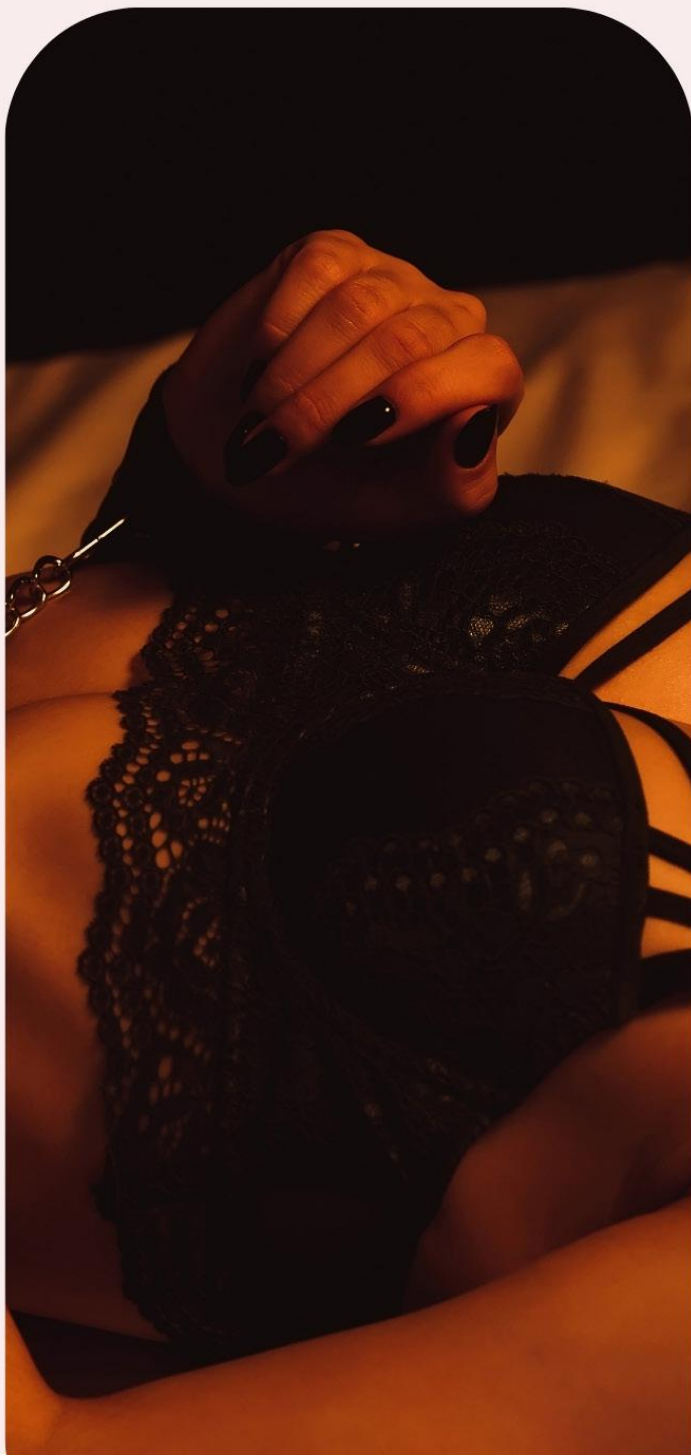
The worst way to address mismatched desire? Passive-aggressively dodging sex or constantly joking about how "you never want it." Instead, have an honest but kind conversation.

Try this: *"I've noticed we don't always want sex at the same times. Can we talk about ways to make it work for both of us?"*

Keeping the conversation positive avoids blame and opens the door to solutions.

Step 3: Explore Different Kinds of Intimacy

Sex doesn't have to mean the full experience every time. Quick make-out sessions, mutual touching, showering together, or cuddling naked can satisfy intimacy needs even when full-on sex isn't in the cards. For the higher-desire partner, these moments feel like closeness. For the lower-desire partner, they keep physical connection alive without pressure.





Step 4: Compromise Without Resentment

Healthy relationships thrive on compromise. That might look like scheduling sex (yes, it works!), experimenting with quickies vs. slower sessions, or alternating between one partner's preferred frequency and the other's comfort zone.

The key is balance. If one partner constantly sacrifices, resentment builds. But if you both bend a little, you'll find a rhythm that keeps both partners satisfied.

Step 5: Spice It Up (Together)

Sometimes mismatched desire isn't about frequency—it's about boredom. Trying new things can re-spark excitement for both partners. Whether it's a new position, a toy, or simply changing the setting (hello, hotel night), fresh experiences can make intimacy more appealing to both sides.

Step 6: Remember, It's Not Just About Sex

Sex is important, but it's not the only glue that holds a relationship together. When you put pressure on it to be everything, it becomes a source of stress instead of joy. Focus on nurturing emotional intimacy, laughter, and affection outside of the bedroom, too.

Different sex drives don't mean your relationship is doomed—they mean you're human. The goal isn't to perfectly sync your libidos, but to create an atmosphere where both of you feel valued, respected, and connected.

Because at the end of the day, it's not about how often you're having sex—it's about whether you both feel loved and satisfied in the ways that matter most.

Why not? – Board Game For Couples

Because Netflix can't ask bold questions or dare you to kiss.



available at
amazon

Back to Darkness

How the Goth Aesthetic Will Rule
Fall/Winter 2025 for Women & Men

by: Itzel Sarahi Vega

As the leaves turn and the air cools, something darkly beautiful is quietly taking over both fashion runways and street style. Autumn/Winter 2025 is all about the revival of the Gothic aesthetic; not just in costume or nostalgia, but as a refined, expressive style that's equally accessible for women and men. Here's how to lean into it and make it your own.

What is the Goth Revival this season?

This isn't the goth of decades past; think less rigid, more polished, more wearable. It's a mix of dark romance, Victorian undertones, punk flair, and high fashion drama. Lace, leather, dramatic silhouettes, moody color palettes, and accessories with attitude are key. Goth fashion is making a comeback with structured silhouettes, vampy accessories, and surprising elements.

Black lace is powerful this season. Byrdie highlights its role as both standout evening wear and accent trim for more subdued outfits. It's Gothic in texture and detail, featuring transparent lace sleeves, lace trims, and contrast fabrics, and often paired with matte leathers or velvets to deepen the mood.

Mood & Color Palette

Deep blacks remain the foundation. Pair them with rich jewel tones (such as wine burgundy, deep emerald, oxblood) and occasional dark neutrals (charcoal grey, inky navy). Metallic accents, think silver or darkened pewter, add drama without overwhelming the space.



Chain leather belt - ZARA

Spider leather gloves .
ZARA



Textures & Fabrics

Lace (predominantly black, or lace overlays), satin, velvet, and leather. Sheer or mesh panels are also crucial for layering. The contrast of delicate and strong materials is what gives goth its impact.

Silhouettes

Structured but tailored pieces, not overly rigid. These include fitted jackets or blazers, trousers with clean lines, slips or slip skirts featuring lace details, and sometimes flowing gowns for her, as well as dramatic capes/coats that could also work for him. The idea is power + romance.

Details & Accessories

Chokers, dark boots (combat or leather), ornate jewelry or rings with Gothic motifs, gloves, dramatic cuffs, lace trims, and perhaps corset-inspired elements. Makeup is moody: smoky eyes, dark lips, and contrasting skin tones. Hair may lean sleek, slicked back, or have a vintage wave.



Leather blazer - ZARA

Embroidered short skirt - ZARA

1460 MAX Leather platform boots - Dr. Martens



Wearability & Balance

The trick is not to look like you just walked out of a costume. For everyday looks, balance gothic pieces with neutral basics. A lace-trim slip under a leather jacket. Glossy boots with an all-black suit. Or a dramatic coat with understated pants. Let your accents shine.

Why Now? Cultural & Fashion Context

Influencer & Pop Culture Push: Figures like Jenna Ortega (thanks to Wednesday), as well as dark romantic fantasy in films, shows, and even music videos, have helped push goth back into the limelight.

Desire for Expression: After years of minimalism and overly clean aesthetics, many are craving styles that allow edge, personality, and a bit of mystery. Goth offers emotional depth, statement, and theatricality.

How Each Can Make Goth Their Own

For Her: Try a full lace dress or gown with layering, maybe a sheer black lace top over a bodice or camisole.

Pair a lace-trim slip skirt with boots and a blazer for the day; strip the layers off for the night.

Incorporate corset tops or bodices under jackets for structured stylings.

For Him: Lean into gothic tailoring with black slim trousers, jackets featuring lace or mesh accents, or coats boasting dramatic collars.

Add subtle gothic touches, such as leather gloves, boots, and dark shirts with lace or mesh elements.

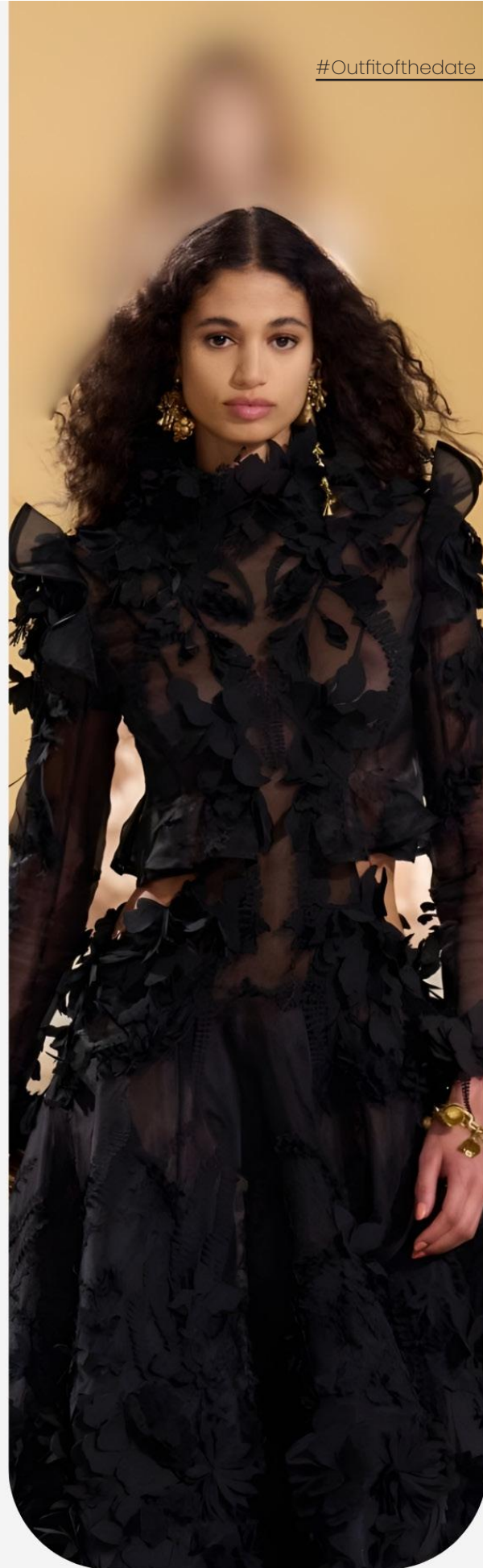
Mix textures, such as matte vs. gloss, and leather vs. lace, to create a layered and interesting look.

Tips to Avoid Looking Costume-y

- **One Statement + One Neutral:** If you wear a lace gown, keep accessories minimal. If the jacket is ornate, balance it with a plain tee or shirt.
- **Fit Matters:** Tailoring helps. An ill-fitting gothic piece can feel overwhelming.
- **Proportions:** Balance volume and shape, don't combine too many dramatic items at once (e.g., don't pair oversized coat + voluminous trousers + large accessories).
- **Mood in Makeup/Hair:** Let hair & makeup echo the look, but not overdo it unless the occasion calls for it. A smoky eye or dark lip can go a long way.

Fall/Winter 2025's goth revival isn't just about dressing dark; it's about channeling drama, romance, attitude, and authenticity. Whether you're playing with full gothic glamour or nodding to it through trim, texture, or attitude, the season gives you room to experiment.

For both her and him, goth becomes a tool of identity, a way to stand out, and a way to stay elegant, mysterious, and intensely stylish.





Post-Summer Glow

Natural Face Masks to Renew Your Skin This Fall 2025 *By: Itzel Vega*

Summer leaves us with unforgettable memories, sunny days, vacations, and golden tans. However, it can also leave behind small traces on the skin, such as dark spots, dullness, or uneven tone, caused by sun exposure. As we step into Fall, it's the perfect moment to refresh and restore your skin.

And what better way than with natural masks that are gentle, chemical-free, and made with ingredients you probably already have at home?.

Whether you're looking for a couple's self-care night or a solo ritual, these DIY face masks will become your seasonal favorites.

Face Masks to Fade Sunspots This Fall

Yogurt & Turmeric Mask

Yogurt provides gentle exfoliation thanks to its lactic acid content, while turmeric offers anti-inflammatory and brightening properties.

Ingredients:

2 tbsp plain yogurt (unsweetened)

- ½ tsp turmeric powder

How to use: Mix into a smooth paste, apply to clean skin, and leave for 15 minutes. Rinse with lukewarm water.

Honey & Lemon Mask

Honey hydrates and soothes, while lemon is rich in vitamin C—a natural skin brightener.

Ingredients:

- 1 tbsp raw honey
- 1 tsp fresh lemon juice

How to use: Mix well, apply to areas with dark spots, and let it sit for 10 minutes. Rinse with water.

Important: Use only at night and always apply sunscreen the next day.

Papaya & Honey Mask

Papaya contains papain, a natural enzyme that helps fade dark spots and improve texture.

- Ingredients:
- 2 tbsp ripe papaya pulp
- 1 tsp honey

How to use: Mash the papaya, mix it with honey, and apply to clean skin. Leave it on for 15 minutes. Rinse with lukewarm water.

Cucumber & Aloe Vera Mask

Refreshing and calming, this mask is ideal for soothing irritated skin after sun exposure.

Ingredients:

½ fresh cucumber
2 tbsp natural aloe vera gel

How to use: Blend the cucumber and mix with aloe, then apply the mixture chilled to the face. Leave for 20 minutes, then rinse with cold water.

Green Tea & Oatmeal Mask

Green tea is rich in antioxidants, while oatmeal gently exfoliates and promotes cellular renewal.

Ingredients:

2 tbsp concentrated, cooled green tea
1 tbsp oatmeal flour

How to use: Mix into a paste, apply with circular motions, and leave for 15 minutes. Rinse with warm water.

Why Do Sunspots Appear in Fall?

During the summer, your skin produces more melanin, the pigment that gives your skin its color and acts as protection. However, when melanin accumulates unevenly, dark patches appear. While sunscreen is always the best prevention, these natural masks can help reduce hyperpigmentation and restore glow to your complexion.

How Often Should You Apply Natural Masks?

Consistency matters. Experts recommend 2–3 times a week, depending on your skin sensitivity. Overuse can cause irritation, so listen to your skin and adapt accordingly.

Couple's Skincare Ritual

Turn these treatments into a bonding moment: prepare masks together, apply them, and enjoy a relaxing night. It's not just about glowing skin; it's about glowing as a couple.

This Fall 2025, give your skin (and your relationship) the reset it deserves. Because when you care for yourself and each other, the glow is twice as bright.





The game that keeps the convo (and the spark going)

Say goodbye to “what do you wanna eat?” and hello to 240 cards that’ll have you laughing, reminiscing, and maybe even blushing a little.

Talk For Hours is the no-rules, no-timer game that helps couples ditch autopilot convos and get back to what makes them us. Whether you’re road-tripping, wine-sipping, or stuck in traffic together—this game turns ordinary moments into unexpectedly deep (or hilariously random) ones.

Price: \$29.99

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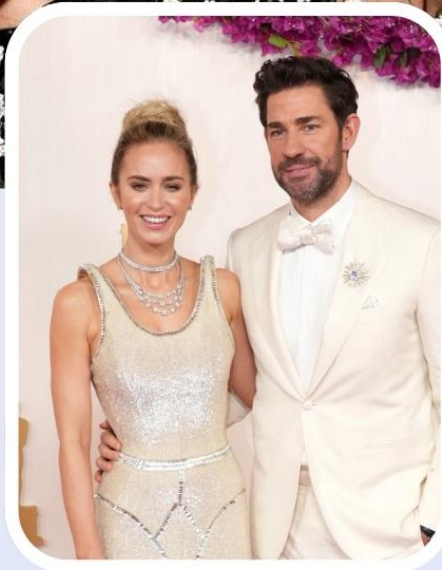
Emily Blunt and John Krasinski

Humor, Loyalty, and a Love That Works as a Team

In a world where celebrity couples are often the subject of scandals or dramatic breakups, Emily Blunt and John Krasinski stand out as a refreshing exception: a partnership built on respect, humor, and genuine companionship. From their first meeting to working side by side on *A Quiet Place*, they've shown that love can thrive without getting lost in the noise of Hollywood.

Before they even met, John was already a fan of Emily's work. He admitted in interviews: "I was a huge fan of hers before I even met her, so I continue to be a huge fan of hers in everything she does."

Introduced by a mutual friend in 2008, John has said he instantly knew she was "the one." Their romance quickly blossomed, leading to an engagement in 2009 and a wedding in 2010 at Lake Como, Italy—a setting that captured both their love and their preference for keeping things intimate and personal.



The couple now shares two daughters, Hazel and Violet. More than their roles as actors or filmmakers, family has always been their priority. Emily explained it simply: "You just have to keep checking in. You just have to stay connected." That philosophy extends into their creative lives.

"In A Quiet Place", which John directed and Emily starred in, their partnership shone through. Emily credited John in her SAG Awards acceptance speech, saying:

"I'm going to share this completely with my husband John Krasinski... You are a stunning filmmaker... I'm so lucky to be with you and to have done this film with you."

For them, blending professional risks with personal trust has only deepened their relationship.

Challenges, Laughter, and Moving Forward:

Like any couple, they've faced challenges—demanding schedules, time apart, and the pressure of public life. John has admitted that juggling his roles as an actor, director, and father can be overwhelming, but having Emily's support makes it manageable. Emily, in turn, has described John as her anchor, the one who makes life lighter.

Their sense of humor has also been a lifeline. From playful banter in interviews to laughing at themselves in public, their friendship underpins their marriage. As John once put it, they never take each other for granted—and they make sure laughter is part of the equation.

Lessons from Their Love:

- Mutual admiration never gets old – They continue to champion each other's careers.
- Communication is key – Staying connected is their daily commitment.
- Creative support matters – They don't just respect each other's dreams; they sometimes build them together.
- Humor keeps it real – They balance fame and family life with laughter and humility.

Emily Blunt and John Krasinski's love story proves that in Hollywood—or anywhere—lasting relationships don't have to be about spectacle. Theirs thrives on friendship, respect, and the daily decision to grow together. By lifting each other up, both personally and professionally, they've created not just a marriage but a partnership that works beautifully both on and off the screen.



Which Relationship Archetype Are You?

Your gut reactions say more than you think...

01. When your partner doesn't text back right away, you...

- ☐ A) Panic a little and overanalyze everything.
- ☐ B) Do something fun and don't stress it.
- ☐ C) Feel a bit hurt but try not to show it.
- ☐ D) Assume they're probably fine and chill.
- ☐ E) Feel disrespected and start mentally withdrawing.
- ☐ F) Just note it and move on.
- ☐ G) Worry about what you did wrong and start fixing it.
- ☐ H) Get slightly irritated, but wait to bring it up constructively.
- ☐ I) Redirect your energy into work or something productive.

02. In an argument, your instinct is to...

- ☐ A) Spiral mentally and try to solve it fast.
- ☐ B) Diffuse tension with humor or distraction.
- ☐ C) Get overwhelmed by the emotions.
- ☐ D) Avoid conflict unless it's absolutely necessary.
- ☐ E) Say what you really think—no filter.
- ☐ F) Retreat and think about it for hours before responding.
- ☐ G) Comfort the other person, even if you're upset too.
- ☐ H) Stay calm, rational, and hold your ground.
- ☐ I) Keep it short, fix the problem, and move forward.

03. Your ideal kind of love is...

- ☐ A) Loyal, reliable, built on trust.
- ☐ B) Fun, exciting, full of new experiences.
- ☐ C) Deep, emotional, romantic.
- ☐ D) Peaceful, stable, and easygoing.
- ☐ E) Honest, intense, protective.
- ☐ F) Low-pressure, mentally stimulating.
- ☐ G) Warm, nurturing, emotionally connected.
- ☐ H) Principled, committed, growth-oriented.
- ☐ I) Supportive, ambitious, partnership-driven.



04. When you're in love, you usually...

- A) Get anxious and double-check everything.
- B) Dive into the excitement but dodge heavy talks.
- C) Fall hard and emotionally intertwine.
- D) Settle into it peacefully.
- E) Feel fiercely loyal but protective of your independence.
- F) Show affection in subtle ways, not overly emotional.
- G) Start caring more about their needs than yours.
- H) Try to be the perfect partner.
- I) Go all-in, but still prioritize your goals.

07. Your biggest challenge in love is...

- A) Overthinking or self-doubt.
- B) Escaping tough feelings or commitment.
- C) Feeling too much or too intensely.
- D) Avoiding confrontation.
- E) Struggling with vulnerability.
- F) Holding back emotionally.
- G) Giving too much and losing yourself.
- H) Being overly critical or rigid.
- I) Focusing on achievement over connection.

05. You feel most loved when...

- A) You know you're safe and can rely on them.
- B) They keep things fun and fresh.
- C) They "get" you on a soul level.
- D) You feel calm, accepted, and unpressured.
- E) They have your back and speak truthfully.
- F) They respect your space and intellect.
- G) They notice and appreciate everything you do.
- H) They follow through and align with your values.
- I) They support your dreams and show admiration.

08. Your communication style is...

- A) Anxious but well-intentioned.
- B) Upbeat and slightly avoidant.
- C) Vulnerable and expressive.
- D) Easygoing and non-confrontational.
- E) Direct and passionate.
- F) Thoughtful but reserved.
- G) Supportive and emotionally tuned in.
- H) Honest, structured, and constructive.
- I) Efficient and solution-oriented.

06. Your relationship strength is...

- A) Loyalty and consistency.
- B) Making things exciting and light.
- C) Emotional sensitivity and empathy.
- D) Keeping the peace and grounding others.
- E) Protection and fearless honesty.
- F) Deep thinking and observation.
- G) Being generous and attentive.
- H) Responsibility and moral clarity.
- I) Determination and goal-oriented love.

09. You show love by...

- A) Being reliable and always showing up.
- B) Sharing new experiences and laughing together.
- C) Expressing emotions and writing long texts.
- D) Listening quietly and being consistent.
- E) Protecting, providing, and being honest.
- F) Offering insight, presence, and perspective.
- G) Doing thoughtful things and anticipating needs.
- H) Being loyal, organized, and principled.
- I) Helping your partner thrive and chasing goals together.

Results

Count how many times you selected each letter.
Your dominant letter = your **Guess Type**.

A The Loyal Strategist (Enneagram 6)

Overthinks everything but would do anything for their partner. Deeply loyal, always scanning for threats to the relationship. Craves reassurance, but gives consistency.

Strength: Loyalty.

Watch out for: Anxiety spirals.

B The Free Spirit Lover (Enneagram 7)

Fun, flirty, and allergic to routine. Loves love—but only if it doesn't feel like a cage. Charming, optimistic, and always planning the next adventure.

Strength: Playfulness.

Watch out for: Emotional avoidance.

C The Deep Feelings Romantic (Enneagram 4)

Loves hard, hurts deeply, and seeks emotional intimacy above all. Needs to feel special, seen, and known.

Strength: Emotional depth.

Watch out for: Mood swings and over-attachment.

D The Calm Connector (Enneagram 9)

Easygoing, supportive, and anti-drama. They won't start a fight, but they'll keep your relationship grounded. Sometimes avoids discomfort too much.

Strength: Peacefulness.

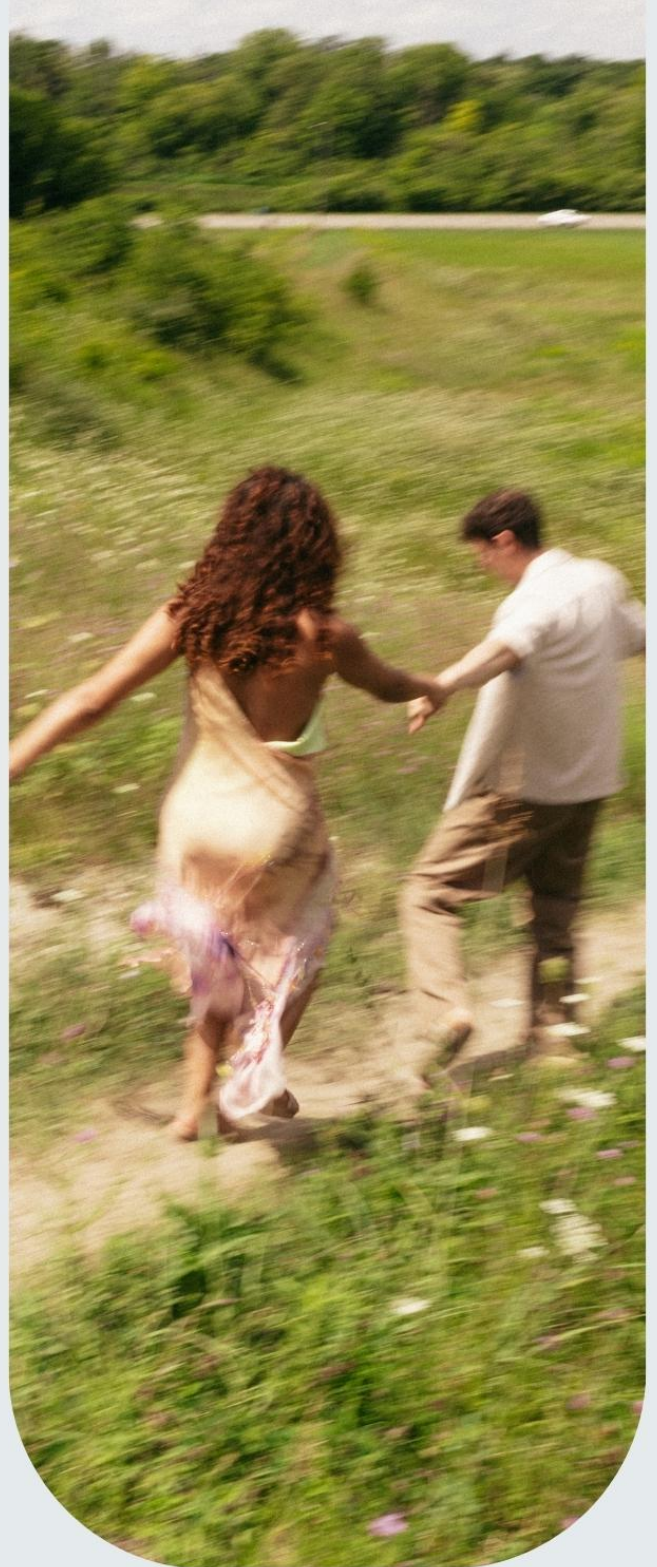
Watch out for: Emotional suppression.

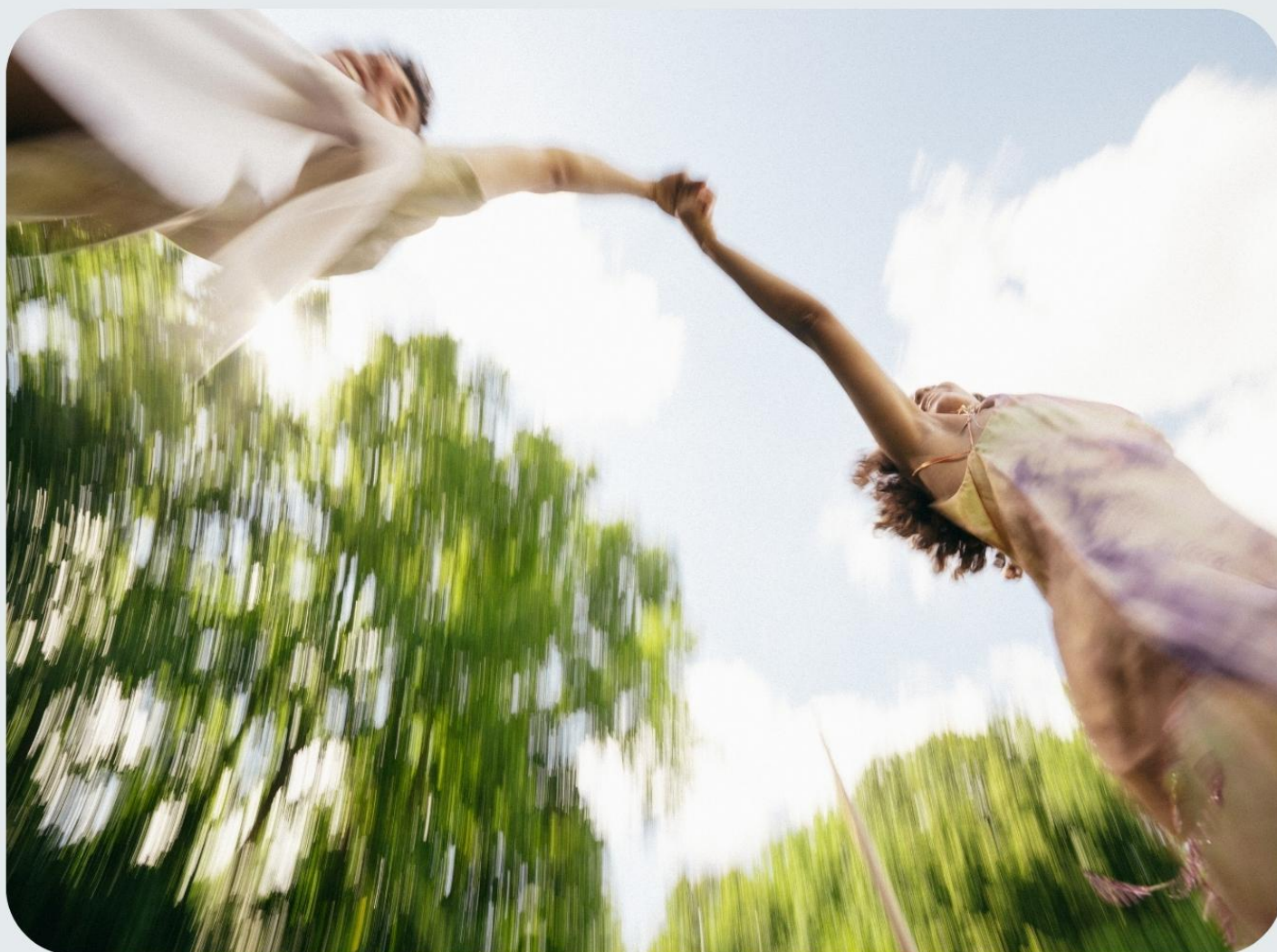
E The Protective Powerhouse (Enneagram 8)

Bold, direct, and fiercely loyal. Will defend your relationship with fire—but may struggle to soften.

Strength: Fierceness.

Watch out for: Control issues.



**F****The Brainy Lover (Enneagram 5)**

Private, observant, and emotionally cautious. Doesn't say much, but notices everything. Values logic and independence.

Strength: Insight.

Watch out for: Withdrawing too much.

G**The Thoughtful Giver (Enneagram 2)**

Loves to love and care. Generous, warm, and always asking if you've eaten. Needs to feel needed—but sometimes overextends.

Strength: Generosity.

Watch out for: Neglecting your own needs.

H**The Idealistic Devotee (Enneagram 1)**

Committed, consistent, and does everything with purpose. Believes love should be principled, respectful, and honest.

Strength: Integrity.

Watch out for: Perfectionism and rigidity.

I**The Supportive Achiever (Enneagram 3)**

Driven, successful, and always striving to be their best in love. Shows affection through effort and ambition.

Strength: Motivation.

Watch out for: Emotional bypassing or overworking.

Why don't we cook?



Prep Time:
15 minutes



Cook Time:
10 minutes



Servings:
2



Total Time:
25 minutes

Fondue & Chill: The Ultimate Cozy Date Night



Ingredients

- 1 garlic clove, halved
- 1 cup dry white wine
- 1 teaspoon cornstarch + 1 tablespoon water (for thickening)
- 1 1/2 cups shredded Gruyère cheese
- 1 1/2 cups shredded Emmental cheese
- 1 tablespoon lemon juice
- Pinch of nutmeg & black pepper

For Dipping:

- Cubes of crusty bread
- Steamed broccoli & cauliflower
- Roasted potatoes
- Sliced apples or pears

Skip the fancy restaurant dessert and bring the romance home with a DIY fondue night. It's fun, interactive, and just the right amount of indulgent. Plus, feeding your partner melted chocolate or gooey cheese? Instant romance.

Instructions:

- 1 Rub the inside of your fondue pot (or saucepan) with the cut garlic. Discard garlic.
- 2 Add wine and lemon juice, bring to a gentle simmer.
- 3 Toss cheese with cornstarch slurry, then gradually whisk into the pot until melted and smooth.
- 4 Season with nutmeg and pepper. Keep warm over low heat and start dipping!

Add a twist — make it sweet instead of salty.

Melt dark chocolate with warm cream, a splash of vanilla, and maybe a cheeky shot of Baileys. Then dip strawberries, marshmallows, or buttery shortbread into the glossy mix. Skip the pretzels this time — think soft, romantic, and melt-in-your-mouth sweet moments only.



Money & Love

How Your Financial Personalities Impact Your Relationship

When it comes to relationships, opposites often attract—and that includes how we handle money. Maybe you're a saver who gets a thrill from watching your account grow, while your partner loves splurging on weekend getaways and new gadgets. These differences don't have to spell disaster; in fact, they can balance each other out. The key is understanding your financial personalities and learning how to make them work together.

Tip 1: Identify Your Money Personality

Start by figuring out your individual money styles. Are you a saver, spender, investor, or avoider? Each style comes with strengths and weaknesses. Savers bring stability but may resist fun splurges. Spenders live in the moment but may struggle with long-term goals. Investors think about the future but sometimes take risks. Avoiders may keep the peace but miss important details.

How to Do It: Take a money personality quiz together or simply talk through how you each prefer to handle income, spending, and saving. Awareness is the first step to teamwork.

Tip 2: Respect Each Other's Strengths

Your different money styles don't have to clash—they can complement each other. A saver can help create long-term stability, while a spender can make sure life is still fun and adventurous.

How to Do It:

- Let the saver handle long-term planning or tracking progress toward big goals.
- Let the spender take charge of budgeting for date nights, vacations, or hobbies.
- Recognize that both stability and spontaneity have value in a relationship.



Tip 3: Create a “Yours, Mine, and Ours” System

If you’re clashing over spending, try the three-account system. Have one joint account for shared bills, and separate accounts for individual spending. This way, each partner gets freedom while contributing fairly to the relationship.

How to Do It: Decide together how much each person contributes to the joint account (equal amounts or proportional to income). Then, enjoy guilt-free spending from your personal accounts.

Tip 4: Set Shared Goals as a Team

Regardless of your personalities, working toward common financial goals can bring you closer. Maybe it’s saving for a home, paying off debt, or planning a big trip. Goals keep you focused on the bigger picture rather than daily disagreements.

How to Do It: Create a vision board, spreadsheet, or even a fun jar to track progress together. Celebrate milestones when you hit them—whether it’s saving your first \$1,000 or paying off a credit card.

Tip 5: Communicate Without Judgment

Money fights usually come from feeling misunderstood, not just from the dollars themselves. When you talk about money, avoid judgmental phrases like “You always waste money”. Instead, share your feelings and listen to your partner’s perspective.

How to Do It: Set regular “money dates” where you talk openly about finances in a calm, supportive setting. Keep it light, and focus on solutions instead of blame.



Different money personalities don’t have to divide couples—they can actually strengthen your relationship if you approach them with understanding and balance. By identifying your styles, respecting each other’s strengths, and setting shared goals, you’ll turn financial differences into one of your biggest assets as a couple. After all, money isn’t just about dollars and cents—it’s about building a life together.

Here’s to finding balance between saving and spending!

Star-Crossed Conflicts: How Each Zodiac Sign Fights in Love (and How to Make Up)

By: Mariamely Leoni

Let's face it—even the most compatible couples argue. But did you know the way you fight might be written in the stars? Your zodiac sign doesn't just influence your romantic style; it also shapes how you express anger, handle disagreements, and make peace.

Some signs flare up fast and burn out just as quickly, while others simmer beneath the surface, collecting emotional receipts. Understanding your sign's conflict style (and your partner's) can turn heated arguments into moments of deeper connection and growth.

Before we dive in, let me share a powerful moment I experienced recently during a retreat with the incredible Dr. Shefali. She said something that shook me to my core: **"If there is no conflict, then someone is suppressing their authenticity."**

That sentence pierced through everything I thought I knew about 'healthy relationships.'

We've been conditioned to believe that a strong, loving relationship is one that flows smoothly, avoids drama, and lives in a constant state of peace. But the truth? Silence can be more dangerous than arguments.

When there's no disagreement, chances are, someone is swallowing their truth to keep the illusion of peace. And that – no matter how calm it looks from the outside – is disconnection.

As mothers, we often bite our tongues so our kids can feel 'okay.' As partners, we ignore our own pain to 'not cause problems.' As women, we downplay what we feel so we won't be labeled 'too sensitive' or 'difficult.' **But what is the cost of this silence?**

Healthy conflict is not a threat. It's a bridge. It's a sign that you are both showing up fully—not perfectly, but honestly. That you care enough to engage, to disagree, to stay present. Avoiding conflict might look like peace... but it's a peace that costs your authenticity.



Aries – The Firestarter

Style: Explosive and direct

Trigger: Feeling disrespected or slowed down

Make-Up Tip: Let them vent first. Then, offer sincere praise and a clear path forward. No sulking allowed.



Taurus – The Silent Storm

Style: Stubborn and passive-aggressive

Trigger: Sudden change or feeling pushed

Make-Up Tip: Give them space, then approach calmly with practical solutions and physical affection.

Gemini – The Debater



Style: Stubborn and passive-aggressive

Trigger: Sudden change or feeling pushed

Make-Up Tip: Give them space, then approach calmly with practical solutions and physical affection.

Leo – The Dramatic Roar



Style: Proud and theatrical

Trigger: Feeling disrespected or overlooked

Make-Up Tip: Apologize sincerely (and maybe publicly). Remind them how special they are to you.

Virgo – The Critic



Style: Analytical and nitpicky

Trigger: Messiness or lack of logic

Make-Up Tip: Own your mistakes with humility. Show you're trying to do better. Practical gestures go far.

Libra – The Avoider



Style: Passive and conflict-averse

Trigger: Disharmony or being forced to choose sides

Make-Up Tip: Restore peace gently. Show that you care about fairness. Avoid pressure or ultimatums.

Scorpio – The Scorcher



Style: Intense and unforgiving (at first)

Trigger: Betrayal, secrets, or loss of trust

Make-Up Tip: Be 100% honest. No sugarcoating. Show loyalty through actions, not just words.

Cancer – The Emotional Wave



Style: Sensitive and defensive

Trigger: Feeling emotionally rejected or attacked

Make-Up Tip: Validate their feelings. Give them comfort and reassurance. No criticism during repair talks.

Sagittarius – The Escapist



Style: Blunt and then disappears

Trigger: Feeling trapped or misunderstood

Make-Up Tip: Give them room to breathe. Bring humor and optimism when reconnecting.

Capricorn – The Stone Wall



Style: Distant and controlled

Trigger: Disrespect or chaos

Make-Up Tip: Speak their language of logic and long-term solutions. Rebuild trust slowly with consistency.

Aquarius – The Ice Breaker



Style: Detached and rational

Trigger: Being told what to feel or do

Make-Up Tip: Appeal to their ideals. Offer thoughtful discussion, not emotional overload.

Pisces – The Meltdown



Style: Passive and overwhelmed

Trigger: Feeling abandoned or emotionally unsafe

Make-Up Tip: Offer gentle words, physical comfort, and reassurance of emotional connection.

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