

# Valentine's Day

**From P10**

communication, sex and everything in between. I work on Skype with people all around Australia as well as in my home office on the Sunshine Coast.

**How do people get in touch with you?**

I initially offer a free 15-minute phone consult. In that conversation I'll ask a lot of questions to get to the initial problem to determine what outcome they would like to achieve and see if I can help them.

Each session is different based on what needs to be worked on.

Phone 0411 701 594 or visit [www.paulineryland.com](http://www.paulineryland.com).

**Your thoughts on Valentine's Day?**

I think it's important to

acknowledge to yourself if Valentine's Day is something you enjoy celebrating or not, and what are the reasons why.

If you are in a relationship and one of you loves the idea and the other doesn't, this is where some compromise needs to come in.

Is it of benefit to go against your dislike to celebrate in some way with your partner if they feel it's important?

I'm inclined to believe that it is of enormous benefit – think of the brownie points you'll earn.

**What do you hope for on Valentine's Day?**

Absolutely nothing.

I have no expectations or demands, which is a good place to be.

I do, however, daydream that I'll wake up in the morning and find bunches of flowers from all my secret admirers sitting on my doorstep.



PHOTO: CONTRIBUTED

➤ LOVE TIPS

**WHAT to do if you are single:**

■ If you receive flowers or a card from someone that you are not "that into", receive it with graciousness and thank them. Just because you've been given a gift does not mean you have to go out with them, kiss them or do anything else with them.

■ If being single on Valentine's Day makes you feel lonely or unloved, plan to do something fun with friends.

■ Do something loving for yourself – book a massage or a spa treatment, enjoy some down time.

■ Just remember to be true to yourself.

■ It's not the end of the world to not have a date on Valentine's Day.

■ Don't feel pressured to give someone flowers, a card or chocolate just because it's Valentine's Day.

■ If you are feeling the need for some attention, find a cute cat or dog to cuddle.

■ Cook yourself something special to eat for dinner, treat yourself to a date night for yourself.

■ And you can always treat it just like any other day and be your normal, happy, loving self.

**TRUE LOVE:** Just remember to be true to yourself.

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of the things you love about them, acknowledge the gifts they bring to the relationship

- Plan a surprise – a weekend away, give your partner a sexy massage
- Indulge in some great food, chocolate

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