



Key Points and Actions Summary

of Jim Bunch's interview with:

Dr. John Gray, the best-selling relationship author of all time. Creator of "Men Are from Mars, Women Are from Venus."

Interview Title:

"Why Mars and Venus Collide"

This document is designed to save you time and create greater learning from the master who was interviewed. We give you the salient points from the interview plus simple actions you can immediately take to achieve faster and more meaningful results in your life. When you combine hearing the interview, seeing and digesting this document, and doing the simple recommended actions, you can more fully live The Secrets of the Masters.

- **'Global' Trend** – Over the last 50 years life has become more complicated, particularly in the areas of communications, lifestyle and relationships. From clearly defined roles for men and women for thousands of years—men in the jungle with danger and risk, women in the garden—a nurturing area, to changed roles. The human race has taken a huge leap in our evolution to integrating the masculine principle and the feminine principle inside both genders. Women have entered the work force (jungle), by necessity and not by choice, putting massive stress on women and a new stress on relationships.
- **Trends in Romantic Relationships** – What has emerged over the last 15 years are the unprecedented levels of stress both men and women are experiencing. We are often too busy or too tired to sustain feelings of attraction, motivation, and affection. The biggest complaints women tell their therapists are: 1) there's no romance, 2) there's no communication, and 3) I get no help/I need help. Men also want to be heard more today. Yet women also tell their therapists that they can't stand it when their husbands open up and share feelings—women don't want to talk today because if they start, then their husbands are going to talk more...
- **How men and women react differently to stress** -
 - **Women** - Research shows that oxytocin (the 'love/trust/friendship' hormone) lowers stress levels for women and lowers cortisol, the stress hormone. When cortisol goes down, that helps a woman to relax, burn fat for energy (she loses weight), and produces about at least twice as much energy as when she's stressed. Then the feelings of overwhelm start to go away and her life starts to come back into balance. Women get further out-of-balance by taking on more than they need to do, because to de-stress, women tend to want to bond and gain approval from others. Women want to talk, which will simply stimulate serotonin production, which lowers stress in women. This affects the emotional blood flow that goes to the part of the brain that's called the hippocampus, which is the emotional memory, actually twice as big in a woman, than in a man. All of her memories of disappointments, painful moments, let-downs, imperfections and stressful moments are all stored there. When under stress, she literally remembers every mistake he's ever made and forgets any good thing he's ever done. Men need to understand that this is *temporary* amnesia.

- **Men** - When men tip out of balance they tend to take on less than they need to do. They tend to focus more on their own needs. Oxytocin will lower stress for women, but not for men. Testosterone is the hormone that will lower stress in men. Testosterone is the hormone of the jungle, the work world, danger, emergency, urgency, and competition. Often just sitting down and resting is one of the major ways to rebuild testosterone. Sitting on a couch watching TV is quite adequate for many men to help them recover from stress, but it doesn't do the trick for women.
- **The Importance of Stable and Balanced Blood Sugar** - Serotonin is what lowers stress in women. It calms the brains and produces oxytocin. Men need dopamine. When dopamine levels are high, testosterone levels go up. If their dopamine levels start to drop, they need rest in order to rebuild their testosterone levels. Without a steady supply of blood sugar then she cannot make serotonin, and he cannot make dopamine. Her brain becomes overwhelmed; his brain gets tired. When stress levels go up, people tend to eat more carbohydrates and sugar to fuel the brain. But then the body competes with the brain for that fuel, the brain ends up not getting enough, producing the craving for more sugar. When relaxed, muscles burn fat and the natural carbohydrates fuel the brain, eliminating this body/brain competition. When the blood sugar goes up from cravings of carbohydrates and sugars, it will always crash down unless we have a way of stabilizing it. *What stabilizes and balances blood sugar is fiber.*

ACTIONS to improve relationships IMMEDIATELY: (Remembering and understanding our differences is one half of the formula. The other half is *action*: copied more effectively with stress.)

1. **FOR MEN:** Support the woman in your life by doing oxytocin-producing activities such as romance, communication, and giving help if she is in an emergency situation. Whenever there is an emotional charge in her words, then you immediately know that she needs oxytocin. A man's interest in the relationship will increase when he feels successful in making her happy, otherwise he loses interest. Learn and do what makes her happy, starting with oxytocin-producing activities.
2. **FOR WOMEN:** Support the man in your life by helping him recover from the day and rebuild his testosterone levels. Be okay about him relaxing and staying focused on something that is entertaining like TV or a puzzle or game or any sort of mindless activity. Allow him to make you happy and then appreciate him—respond in a romantic way to foster romance. Rather than criticizing your partner, when you want more, simply ask for something different. “Oh, by the way, this week let's do this. . . I like this more. . .”
3. **FOR BOTH:**
 - a. **Dates** - Women need to ask for romance and men need to say yes and plan it! Plan a date every week. Women ask for that date, with two or three things that will work for you. He'll pick, plan, and take you. You anticipate it and make sure you enjoy it no matter what. (This is not the time to talk about what goes wrong on the date; this is the time to ask for what you want.)
 - b. **Venus Talks** – When a woman really wants to share her feelings, she sets him up first. “You don't have to say anything or solve any of these problems. . . just listen and I'll feel better. . . it helps to lower my stress levels and create more oxytocin. . .”
 - c. **Mars Talks** – When you have a disagreement, set up just 10 minutes to explore: both will talk, but WITHOUT bringing any feelings or the past into the conversation.
 - d. To gain greater understanding of each other and to implement the many ways to support each other and in a deeper way, read “**Why Mars and Venus Collide**” together.

The most significant thing to **remember** is: Women need to stop focusing on making the man happy and focus more on making herself happy. When she's happier then he can more easily make her happier. The more successful a man feels his stress levels go down. The happier a woman is her stress levels go down. ***Just making her happy, the man will be happy. That's the secret.***

The podcast audio recording is rich with details and additional tips. We encourage you to download and listening to it by 'Registering for the Podcast' at www.SecretsoftheMasters.com.

For links to Dr. Gray's books, seminars and programs and for more Secrets of the Masters interviews, go to www.SecretsoftheMasters.com.