

Today on QoS:

Hey there, you awesome souls! Welcome to "Queen of Swords" – I'm Eva, your friendly guide through all things relationships. And guess what? I'm doing a little happy dance knowing you're here to hang out with me today.

So, grab a seat, snag your favorite drink (mine's a cozy cup of Mexican spiced chocolate coffee, by the way), and let's jump right into this conversation! Ready for a mind-blowing factoid? Brace yourself: a whopping 90% of those everlasting love stories owe their success to one superstar move – yep, you got it, value conversations.

Hold the phone, folks – it's not just about yapping away. Value chats? They're like relationship rocket fuel. Think understanding each other's core beliefs, like finding the secret recipe to the most epic friendship bond, or even turning a friendly disagreement into a rap battle. Okay, maybe not the rap part, but you get what I mean!

Now, imagine this: you, me, and a couch that's cozier than a kitten in a cashmere sweater. You're lost in a book that's so good you forget to blink, or you're doodling your wildest dreams on a blank canvas. Those moments? They're like soulful heart-to-hearts with yourself, diving into the depths of what makes you tick and uncovering your inner magic.

Hold onto your hats, 'cause here's the scoop: relationships are like art, and we're the curators of our very own galleries. Just like a masterpiece needs some TLC, a relationship craves connection, a sprinkle of attention, and the occasional artsy flourish to keep things vibrant.

And guess what? We're not here to toss around boring stats or snoozy theories. Oh no, my friends. We're in for the real deal – raw, unfiltered conversations about relationships. From the heartwarming to the head-scratching moments, we're diving headfirst into the relationship rabbit hole, armed with laughter, insight, and probably a few "aha" moments that'll leave you thinking, "Did Eva just read my mind?"

So, my lovely accomplices, are you ready to hop on this rollercoaster of emotions, revelations, and a few stories that might just make you say "ah-ha!" Well then, buckle up, because our value conversation adventure is about to take off!

1. Defining Value Conversations

Alright, so picture this: You know those heart-to-heart chats where you and your partner, buddy, or even your cousin spill the beans about your deepest beliefs and what really gets your gears turning? Well, my friend, those are what we call value conversations – and they're like the GPS to navigate the wild roads of

relationships.

Ever been in a convo where you're nodding away, thinking you're on the same page, only to realize later you're in different galaxies? We've all been there, done that, got the t-shirt. But guess what? Value conversations swoop in like your trusty sidekick, making sure you're both singing from the same songbook.

Imagine Janet and Chris, the dynamic duo. They're cruising along in Relationship Land until BAM! Rocky terrain ahead. The issue? Turns out they're on opposite islands when it comes to handling money. Janet's saving for a rainy day, while Chris is surfing the "carpe diem" wave straight towards bankruptcy!

Now, hold on tight, 'cause here's where the magic kicks in. They sit down, have a chat, share their inner workings, and boom! They're not just surviving the storm, they're thriving in it.

But hey, it's not all about dodging clashes like an action movie hero. Nope, it's about celebrating the heck out of your partnership. When you both know what makes each other tick, you're not just dancing in the rain – you're busting out the confetti for life's grand parade!

Value conversations? They're like the secret sauce that transforms a regular connection into a jaw-dropping, heart-fluttering, fireworks-in-the-sky kind of bond. So, let's get our game faces on, hearts wide open, and dive headfirst into the wonderful world of value conversations. Trust me, you won't want to miss this adventure!

2. Why Value Conversations Matter

Let's dive into some cool stats for a sec. Did you catch this gem? Couples who get cozy with regular value chats are a whopping 35% more likely to be totally stoked about their relationship. Yeah, you heard me right! It's not just about swapping movie recommendations or ice cream orders; we're talking about plumbing the depths of what really makes us tick, what gets our hearts racing, and where we're headed on this wild journey together.

Picture this: You and your partner, sitting down like two old pals, sharing your wildest dreams, secret fears, and big, audacious plans. Yep, that's the juicy goodness of value conversations. They're like a backstage pass to our inner worlds. When we bare our souls about our deepest values, it's like constructing a mega bridge that links our hearts and crafts an unbreakable bond.

Now, imagine a relationship without these heart-to-heart convos—it's like a coloring book with no colors. Sure, it's alright, but it's missing that pop that turns it into a masterpiece. With the magical wand of value chats, we're in sync. We make choices that match our shared vision, like having a GPS for our journey as a dynamic duo.

Once upon a time, I had this couple who'd been together forever, but they'd never really chatted about what they held near and dear. Guess what happened? They were on separate planets, always wondering why they bumped heads over things. But when they finally cracked open that value vault, fireworks happened. Suddenly, they got why each other did what they did. Sadly, they realized they had some major differences and ended up parting ways. Bummer, right? If only they'd had that convo way back when they were still in the honeymoon phase, they could've saved a ton of time and avoided a royal headache.

I'll be honest with you - not every value chat is a walk in the park. Sometimes, it's like peeling layers off an onion, and man, onions make you cry! These chats might reveal differences we need to handle. But here's the glittery secret sauce: if we tackle these talks with respect, a dash of curiosity, and a sprinkle of understanding, we open up a space for epic growth, sweet compromises, and a shared adventure that'll have both of you high-fiving the universe.

3. Navigating Compatibility Through Core Values

So, I've been blabbering on about these oh-so-important things called "core values." You know, those little guiding stars that light up the path of who we are and shape our choices, dreams, and even those secret desires we only admit to our closest confidantes. But what exactly are these elusive "core values," you ask? Well, don't worry, my curious minds, because we're about to dive into a treasure trove of 15 core values that can make or break your dating game. And no, this isn't an exhaustive list – we're just scratching the surface here!

1. Communication:

Hold up, folks! We're not just talking about endless chatter that rivals a motor-mouth marathon. Think sharing thoughts, hopes, and dreams with a sprinkle of respect. And oh, don't forget the secret ingredients: How often do you like to talk, do you expect an answer within a certain time frame, what are your preferred platforms (WhatsApp warrior or good ol' fashioned calls?), love languages, and the art of smoothing out those bumpy conflict roads. This is the NUMBER ONE complaint I hear from people - they are frustrated because their partner doesn't text often enough, or fast enough, or whatever the case may be. But when I ask if they have had the conversation they are incredulous - surely everyone is on the same wavelength, right? Nope!

2. Family:

Ah, family – the bunch you love, argue with, and can't escape, even if you tried! Getting cozy with each other's family dynamics is like mastering a new dance. How's your relationship with your parents? Any quirky traditions or cultural curveballs? In my first marriage my ex's deeply traditional parents expected me to be the cook/clean/babies kinda woman, when really I wanted to pursue my career and education too. It led to a lot of friction (especially since his brother HAD married someone like that - "Why can't you be more like her?" If I never

hear that again it will be too soon!)

3. Adventure:

Are you two thrill-seekers or cozy bookworms? Figuring out your adventure wavelengths ensures you're not stuck between wanting to climb mountains while the other wants to marathon Netflix. Let's consider Lily and Max, who began dating after a chance encounter at an art gallery. While they enjoyed each other's company, their differences in adventure preferences became apparent during a conversation about future travel plans. Lily envisioned globetrotting and immersing in diverse cultures, whereas Max preferred occasional weekend getaways and focusing on building a stable home life. By addressing these disparities openly, they avoided potential disillusionment later and learned to balance their aspirations. Another example for you - my husband would love nothing more than to load into an RV and just go where the wind blows us with no schedule or plan. I on the other hand, am one of those people who plans vacations with a freaking binder and itinerary.

4. Financial Philosophy:

Money, honey! It's not a hush-hush topic anymore. And it shouldn't be when you consider that money is one of the top factors that lead to a split. Regardless of if you are saving like Scrooge McDuck or channeling your inner "Money? What's that?" spirit, understanding each other's financial philosophies can save you from some "Where did all the money go?" moments. And oh, don't forget the fine details: sharing spending habits, financial dreams, debts, and even credit scores. I once had a partner who grew up on a big estate with a private chef and all kinds of luxuries, where I grew up in a trailer park and often wore hand me down clothes 5 years out of fashion. It led to a LOT of frustrations between the two of us.

5. Personal Growth:

Relationships are like potted plants – they grow best when nurtured. So, commit to growing together and embracing the awesomeness of personal development. It's like watching a garden flourish, but with way more heart emojis. You need, and DESERVE, someone that will be a cheerleader for you not someone who is like a pesky rabbit digging up the garden of your growth.

6. Humor:

Guess what? Laughter's not just good for the soul; it's also great for relationships! You see, finding someone who laughs at the same quirky jokes and chuckles at the same absurdities can be like discovering a hidden treasure chest in the sea of relationships. When you both find the same things funny, it's like you're in on your own little inside jokes. Whether it's exchanging witty banter over morning coffee or having a giggle-fest while attempting a new recipe that ends up resembling modern art, these moments strengthen your emotional intimacy. Laughter releases endorphins, those little happiness hormones that make you feel like you're floating on a cloud made of marshmallows. So, when you're both cracking up over a cat video or trying to impersonate your favorite

cartoon characters, you're not just sharing laughs – you're sharing a natural high!

7. Spirituality/Religion:

Beliefs, vibes, or just the universe's little secrets – chatting about your spiritual or religious inclinations can avoid those "Oh, you believe in WHAT?" moments later on. Our spirituality can shape how we deal with hard times in our life or even how we celebrate a holiday. They can even influence how a person feels about marriage/divorce/birth control, etc..

8. Ambitions:

Career warriors, artsy dreamers, or a mix of both – it's like being each other's ultimate cheerleaders on the path to awesomeness. Imagine you're two adventurers setting off on a grand quest. You both have your trusty maps, but here's the twist – one of you is headed to explore the mystic forests while the other is on a mission to conquer towering mountains. Now, if you don't chat about these ambitions early on, you might find yourselves in a crossroads later, wondering why the scenery isn't matching up. Let's unwrap this with a real-world example. Meet Alex and Jamie. They're smitten kittens, and things are peachy... until one day, Alex reveals a burning desire to travel the world and experience different cultures. Meanwhile, Jamie's dream is to set down roots and start a cozy family. Cue the drama llama, because they're now standing at the intersection of Dreams Avenue and Reality Road.

9. Social Life:

Are you the life of the party or more of a "Netflix and chill" type? Syncing your social meters ensures no one's left feeling like a party balloon that got accidentally let go. It goes beyond that though - take my husband and I for example. We have to work just a little bit harder at our relationship because he is one of those “up at the crack of dawn” types and I am much more of a night owl. My best work happens after 10pm!

10. Health and Wellness:

Gym rat or comfort food connoisseur? It's all about finding someone who gets your kale salad cravings or your occasional chocolate-induced therapy sessions. Imagine this: you and your partner decide to take a leisurely stroll through a charming garden. As you walk hand in hand, you start chatting about your wellness routines. Maybe you're an early bird who loves a morning jog, while they're all about yoga and meditation. Sharing these details isn't just about comparing workout regimens; it's a glimpse into each other's priorities, habits, and dedication to self-care. Now, let's take a peek at a real-world scenario. Say you both enjoy dining out at new restaurants. It's exciting, sure, but early on, discussing your approach to food can prevent future clashes. Maybe you're someone who values balanced meals and occasionally indulges, while they have a penchant for trying every decadent dessert on the menu. Addressing these differences early on can help you find middle ground and make dining experiences enjoyable for both of you.

11. Education:

No, we're not talking about calculus here (unless you're into that!). It's about valuing the joy of learning, whether it's mastering a new language or decoding the art of perfect latte foam. Early discussions about education provide insights into your partner's core beliefs, priorities, and ambitions. It's like peeking into a treasure map of their life experiences and understanding what makes them tick. For instance, if one partner comes from a family that highly values education and academic achievement, they might prioritize stability and a structured approach to life. On the other hand, if the other partner has taken a more unconventional path and believes in hands-on learning, they might prioritize experiences and personal growth.

12. Empathy:

Imagine this: You've just started dating someone, and everything seems wonderful. You're enjoying long walks, deep conversations, and the kind of laughter that feels like a cozy embrace. But then, one day, a friend shares a personal struggle, and your partner brushes it off with a nonchalant "they'll get over it." Hold up! That's a head-scratcher, right? This is where the importance of discussing empathy surfaces. It's not about having a 100% matching viewpoint on every matter; it's about understanding each other's emotional landscapes. If your partner's "meh" response clashes with your empathetic heart, it's a cue to talk.

13. Environmental Values:

Green thumb or Earth advocate? If saving the planet's your jam, finding a fellow eco-warrior could lead to some awesome planet-saving duets. Sharing your thoughts on topics like sustainability, conservation, or eco-conscious living might reveal common ground, like discovering you both believe in reducing plastic waste by using reusable water bottles and bags. But what if you're an advocate for reducing your carbon footprint, and your partner thinks climate change is a myth? Imagine hitting a crossroad without a roadmap – that's why early discussions are essential. By addressing your environmental values upfront, you can uncover potential differences before they become roadblocks.

14. Intimacy and Sexuality:

Let's talk about the intimate aspects of your relationship. This is a BIG one. You want to talk about what your boundaries are, what your fantasies are, how often you want/need intimacy, how you feel about monogomy, what constitutes unacceptable behavior with others (my husband is ok with me hugging or kissing ex hubby on cheek but that is it!) and even where you stand on issues like birth control and abortion. I had a friend once who was so in love with a girl we went to high school was. He had every intention of marrying her, but she ended up getting pregnant and had an abortion before she even told him that she was pregnant. He was devastated that there was something so monumental that she would not only keep from him, but not even talk to him about. And yeah, I hear all those "my body, my choice" people out there, but that doesn't negate the pain

that it can and does sometimes cause men who have no voice in the conversation.

15. Future Vision:

Ever played the "Where do you see yourself in five years?" game? Well, we're diving into it! Marriage, travel, unicorns – put it all on the table. Have you ever been in a relationship where you felt like this was “the one” only to find out years into the relationship that they don't buy into the institution of marriage? Or maybe you are trying to climb the corporate ladder, but they are happy to make it to the final level of Grand Theft Auto?

Compatibility isn't about being mirror images. It's about having a solid foundation of shared values that can help you dance your way through the labyrinth of love.

4: Navigating Value Conversations

So, we've had our fair share of heart-to-hearts about why those value conversations are like the secret sauce for relationship success. But let's put on our adventure hats and get real – how do we gracefully tiptoe through the minefield of discussions packed with values? Buckle up, because we're about to dive into a sea of strategies that'll make your head spin – in a good way!

Now, value conversations aren't like throwing a dart at your favorite pizza topping and hoping everyone's onboard – although, if we all agreed on pepperoni, we'd be living the dream. These chats are more like crafting a masterpiece. Imagine doing the tango while solving a puzzle, and you'll get the idea.

So, the first stop on our value-driven journey: creating a safe haven for candid dialogue. It's like having a potluck dinner with your thoughts and feelings – a real smorgasbord of emotions. This is where the enchantment happens, where you both spill your truths without dodging "buts" at every corner. Talk about a vulnerability feast!

By the way, did you catch this jaw-dropping stat? Couples who rock at value conversations are a whopping 35% more likely to feel relationship satisfaction. It's like winning a jackpot, only instead of coins, you're showered with hugs, high-fives, and a deeper connection.

Next, we're diving into the abyss of active listening. Forget about the waiting game for your turn to talk – we're talking deep-sea diving into their words. Put those phones in timeout, lock eyes, and nod like you're in agreement with Einstein's theories. Trust me, this skill rivals the concentration of a juggler at a circus.

Now, not every value conversation is a heartwarming rom-com scene. Sometimes, it's more like a chaotic sitcom episode with an unexpected twist. Picture this: Your

partner reveals a value that's dancing to a different rhythm. Instead of storming out like a soap opera star, take a deep breath and channel your inner detective. Ask questions, dig like you're unearthing buried treasure, and unveil the "why" behind their beliefs. Here's a tale to chew on: A friend once tackled a value convo with her thrill-seeking partner. She uncovered his craving for adventure and actually leaped into it – bungee jumping style! Talk about embracing a treasure trove of excitement.

And now, let's talk about that "sweet spot" – where your values waltz together in harmony. It's like finding a hidden dance floor at a wild party. Remember, it's not about being clones of each other. Nope, it's all about celebrating your distinct notes in the symphony of life.

Alrighty, time for action, folks! Your mission, should you choose to accept it: have a value convo with someone who holds a special place in your heart. Could be your partner, your buddy, or even your cousin who's just itching for a deep chat. Embrace the challenge, share your values, and watch the magic unfold.

But before we roll up the carpet, let's tackle a dating dilemma. We've all been there – really vibing with someone, but those stubborn core values don't sync up. Don't just sweep it under the rug like it's no big deal. Trust me, that frustration can brew like a secret potion until it spills over. That's why I'm the official "Early Value Convo" captain. Need some convo-starters? Check out our "Strong Relationship Sunday" prompts on the QoS Instagram. They're deep, they're playful, and they're bound to weave your connections tighter than a spider's web.

Alrighty, my fantastic friends, it's Q&A time! Get those questions ready – let's dive in and have some laughter-packed, wisdom-filled fun. Until next time, keep those conversations flowing and those connections growing!

5: Listener Stories and Q&A

Strap in, because we're diving headfirst into a treasure trove of tales and questions that all revolve around our hot topic of the week: those oh-so-important value conversations. And hey, if you're ready to spill the beans on your own escapades or have some burning questions that just won't quit, you know the drill – holler at us. Let's take the plunge and wade into this value-packed pool of wisdom!

Alrighty then, let's kick things off with a gem from the one and only Amber, who's rocking it out in the buzzing city of Atlanta. Amber dishes, "Hold onto your hats, folks! My partner and I used to bicker like squirrels fighting over a nut about our wildly different spending habits. It was practically hair-pulling territory! But guess what? We stumbled upon the magic of value conversations, sat down for a good ol' heart-to-heart about our financial values, and would you believe it? We found common ground, my friends! Now, instead of ripping our hair out over the budget,

we're actually saving up for a whirlwind dream vacation. Who knew money talk could be this magical?"

And here comes a curveball, courtesy of the one and only George from the mystical realm of Santa Fe. George spills the beans: "Alright, picture this: my girlfriend and I were cruising along just fine until we hit a pothole that could swallow a minivan whole. It felt like we were lost in different galaxies, and our conversations were starting to sound like two aliens trying to order pizza. But then, bam! We stumbled upon an episode all about value conversations. We thought, 'Hey, why not give it a shot?' Lo and behold, turns out we were neglecting our passions and values, but with some heart-to-heart conversations, we navigated our way back to each other's orbits. And guess what? We even hatched a joint art project that's now our favorite escape from reality. Who knew art could be such a love potion?"

Now, let's dive into the ocean of listener questions, and boy, do we have a juicy one from our buddy Mark down in the Lone Star state of Texas: "Hey, you wonderful souls! So, I've got this teensy-weensy issue. Every time I try to kickstart a value conversation, it feels as natural as a giraffe wearing tap shoes. Any secret sauces to make it less awkward?"

Mark, my pal, you're not alone in this quirky dance! Starting value chats can sometimes feel like trying to ride a unicycle while juggling flaming torches. But fret not, we're here to lend a hand. It's all about setting the scene – think cozy vibes, maybe a couple of candles flickering in the background. You can kick things off by sharing a tidbit about yourself, like tossing a pebble into a pond and watching the ripples spread. Or, here's a zesty suggestion: bring up a recent news story or a mind-boggling article that screams "values." It's like throwing a conversational boomerang – trust us, it'll swing back with some meaty discussions. And remember, my friend, patience is your trusty sidekick here. These conversations are like a fine wine – they age like champs.

And who's on the line now? It's Emily, chiming in from the land of palm trees and endless beaches – California, baby! Emily wonders, "Hey, folks! My partner and I have been tag-teaming this game of life for ages, but I can't shake this feeling that we missed the memo on the whole value conversation thing. Is it too late to hop on that train?"

Emily, you've struck gold with this one – it's never too late to jump on the value conversation bandwagon! Actually, plenty of folks find that revisiting their values over time is like giving their relationship a double shot of espresso. It's like discovering a hidden layer to your partner's personality. And listen up, starting these talks might feel as awkward as trying to moonwalk on a tightrope, but guess what? It's a stride towards understanding each other on a whole new level. It's like peeling back layers of an onion – minus the tears, of course. And here's a little twist: sometimes, you might find out that your partner's onion just isn't your jam, and that's A-OK too. It's all about finding that sweet spot, even if it means a dash

of compromise.

That's a wrap for our treasure trove of listener stories and Q&A. Give yourselves a round of applause, because you fantastic folks are the stars of the show. Your tales, your questions, and your energy light up this podcast like a neon sign in the desert. Keep those stories rolling in – you're the heart and soul of this magical audio adventure!

6: Wrap-Up:

Can you believe we just took a whirlwind tour through the fascinating realm of value conversations in relationships? I hope you're as excited about this as a kid in a candy store. But hold on tight, because before we part ways, let's do a little recap shimmy and snag some of those juicy nuggets of insight!

So, let's talk about value conversations, folks – they're not your average everyday chit-chats. Nope, they're more like having a deep heart-to-heart where you're not just hearing words, you're tuning into the soulful radio station of true understanding. It's like when you find that sweet groove in a song that just makes you want to dance your heart out!

Speaking of grooves, diving into these conversations might feel a bit like embarking on a quest to find the holy grail. But fear not, because we've got our trusty toolkit loaded with empathy, patience, and open-mindedness – it's like having a squad of relationship superheroes!

Now, imagine this – value conversations aren't like wolfing down a fast-food burger on the go. Oh no, they're more like savoring a luxurious piece of artisanal chocolate. Each moment is a burst of flavor, and you're relishing it like a true gourmet. Mmm, delectable connections!

And here's the inside scoop, my fantastic listeners – you're the rock stars of this show! Your stories and questions are like dazzling gems that light up our podcast galaxy. I'm your cosmic guide, here to navigate the twists and turns of relationships, all while dishing out wisdom with a sprinkle of witty banter.

Alright, let's cue the drum roll – that's a wrap for today's episode! But don't you worry, we're not vanishing into thin air. Nope, we're brewing up a cauldron of more relationship magic just for you. So until our next rendezvous, keep sprinkling those value conversations around like confetti and watch those connections bloom like a desert oasis!