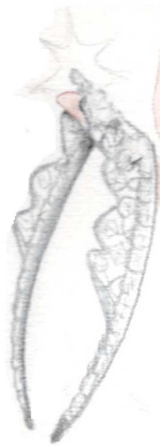
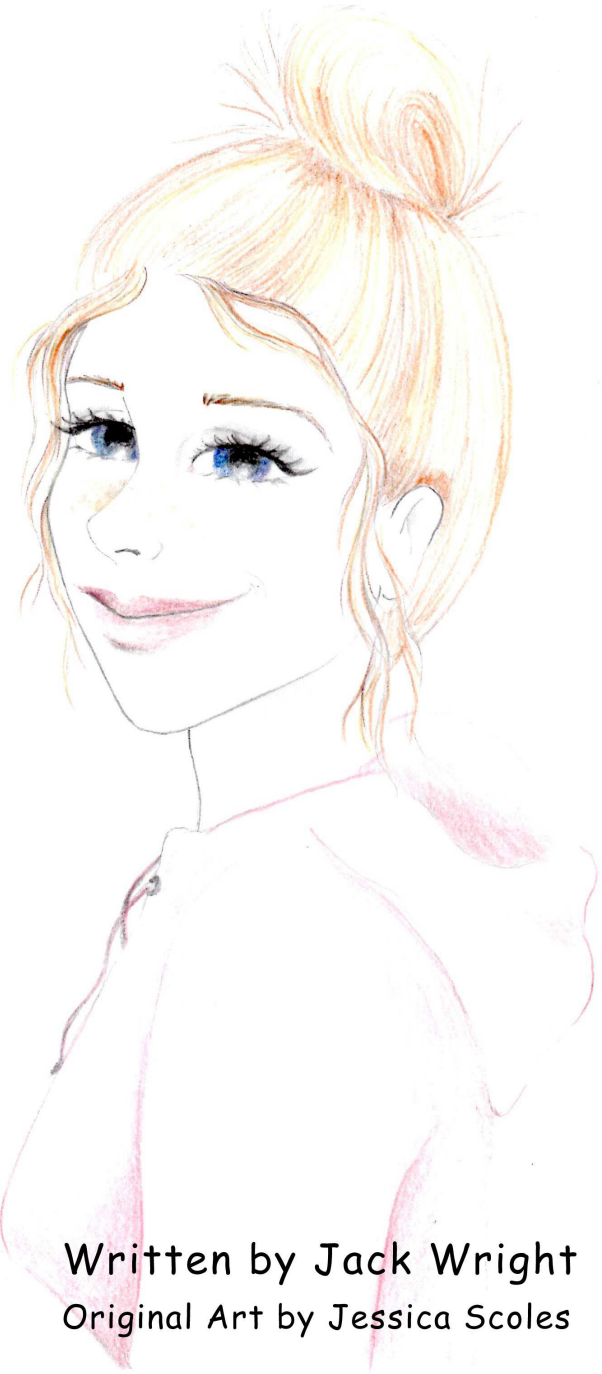


# *The Princess Rules*

No more frogs!



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# Contents

**Preface**

**Introduction**

**Rule #1 – Ouch!**

**Rule #2 – Oops!**

**Rule #3 -- Know what's bothering me now?**

**Rule #4 – OK. Stop.” (You're wearing me out.)**

**Rule #5 – Say Whuuut!?**

**Rule #6 – That Doesn't Work for Me**

**Rule #7 – Flip-Flop**

**Rule #8 - Self-ish**

**Rule #9 – Zip It.**

**Rule #10 – Do I need to put my tiara on?**

**Final Thoughts from the Author**

**Acknowledgments**

## **Preface**

What happens to our precious little Princess when she grows up?

Does she leave behind her childlike expectations of awakening kisses and magical slippers, dreams-come-true and happily-ever-after endings because those things are only fantasies and fairytales?

Does she stop looking for the undying love of a true hero, riding in on a white horse at her time of greatest need, because “new-fashioned” men don’t do that anymore?

Faced with a longing for “true love,” a culture of intimidating demands, and her own low expectations -- does she stuff her tiara and her Princess dreams into a cardboard box that will follow her, wistfully, for the rest of her life? And just settle? For too little? For almost nothing except the soon-to-be-forgotten rush of being “wanted?”

In our “diva” world of impossible expectations about beauty and desirability, an unrealistic emphasis on status and performance, and the unrelenting stresses of our go-go-go, get-it-now, look-at-me society, unconditional love is difficult to find and dreams are less likely to come true -- unless there is awareness, understanding and nurturing of the conditions that make them possible.

The Princess Rules can help dating-age girls, experienced-and-much-wiser ladies, and women-of-a-certain-age make better decisions about what kind of man they will let into their hearts and lives. And hopefully, the Rules will lead to softer, kinder relationships that will last and last and last – happily ever after.

## INTRODUCTION

### **It ain't easy livin' with a frog.**

Have you ever tried to have a meaningful discussion with a frog? Are they deaf? Or do they just have trouble concentrating on what you're saying? Wouldn't it be nice if you had a few "cue" words that could clearly, but softly, announce your need to be heard and understood? And *very* nice if your "helpful hints" would be acknowledged and responded to -- lovingly, not grudgingly? Maybe a few simple relationship rules would make a difference. You might even turn a frog into a prince – with or without the magical kiss.

Rules are good. They help us remember what to do -- or not do.

There are hard rules and soft rules.

Hard rules are the “thou shalt nots.” They’re meant to cover the big issues – spiritual, moral and ethical. But “shalt-not-ing” in close personal relationships usually leads to resistance, conflict -- and sometimes--combat.

The Princess Rules are soft rules – tongue-in-cheek but serious reminders and cues that can help you (and him) smooth the waters in difficult times, and make the good times even better. They can help you politely but clearly steer your relationship-boat away from rocky shores – and even keep it from sinking in a sea of misunderstandings and over-reactions.

Princesses respond to loving thoughts and gestures. They thrive on attentiveness and gentleness. The Princess Rules provide validation and encouragement. Yes – you should be treated with thoughtfulness, kindness, patience and love. Yes -- you deserve to be honored and respected for who you are and who you want to become.

The Rules are meant to be tongue-in-cheek humorous, thoughtfully serious and a little bit helpful in smoothing out the heart-bumps that can easily turn into heart-blocks. They’re short-cuts that can turn complication into clarity. They’re play-calling signals that tell a guy what play we’re running, where to set up on the field and what to do when the ball is snapped (and before she snaps).

The Rules are cues that remind men to stop, listen, and most importantly, *respond* appropriately to female thought-processing that seems overly complicated, annoying, or even irrelevant (to a man). Men (most of us) instinctively or willfully avoid relationship complications. We have yet to invent a crystal ball that can reveal the deep mysteries of female emotions and responses, but now we have insights that can help us to quickly sort out “what’s going on here,” and cues that can shortcut the absolutely necessary process of “getting it right” for her. Using the Rules effectively is the quickest way to get back to the big playoff game or to building a sailboat in your garage.

Summoning the “old-fashioned” values and behaviors of civility (courtesy and politeness), and chivalry (a code whereby knights were required to tell the truth at all times and respect the honor of women) might be worth remembering and living. And they might be worthy of being taught to our daughters and granddaughters (and sons and grandsons). Knowing and following The Princess Rules may be the best hope for building loving, long-lasting, fulfilling relationships in a world that seems to worship airbrushed unreality and movie-magic outcomes. But guess what? Times-soon-to-be gone can learn from times-gone-by. It’s possible to live a happier present and future by looking back to a kinder, gentler past. We just need to set the bar a little higher.

And so -- here are the ten Princess Rules. Not one of them is meant to be a magical solution to the day-to-day disconnects or serious misunderstandings that creep into otherwise loving relationships. A Princess Rule is a just a starting point -- a way to set expectations and begin a calm dialog that can lead to mutual understanding and acceptance. And ultimately, to help make relationships long, strong and joyful!



Having your toes stepped on can really hurt.

“Ouch!”

Having your heart stepped on can hurt as much -- or more.

Rule #1 is about expressing your hurt feelings when the source isn't so obvious -- to him.

“Well excuuuuse me!”

“We all make mistakes!”

Rule #2 is an easy way to take the stress off -- and put the wheels back on. (The relationship bus rolls better on all four.)





**#3 - Knows what's bothering me now?**

Frustrated? Annoyed? Antsy? Neeeedy? It's all the same thing – b-o-t-h-e-r-e-d.

Does he know what's bothering you now?

Rule #3 lays the groundwork for helping him know when and how to listen, hear, care and honor. Sure -- all the time would be great, but we have to start somewhere.

You come home after a too-long day and your excitable guy wants to give you a detailed explanation of his latest brainstorm and drag you down a rabbit hole before you can even put your purse down. You love his childlike enthusiasm, but it's going on and on and on. He's half-baked and you're fully baked – or completely over-done

So you need a soft-but-oh-so-firm way to give him a little cue from off-stage: his act is running five minutes over and his audience is losing interest.

Rule#4 doesn't mean you don't want to listen or share. It's just that he needs to come up for air before you both suffocate.



**#4 - Stop now. You're wearing me out.**

He's been using vagueness, generalizations and forgetfulness since he was a small boy. He can be very creative in crafting a response that just *might* work. He knows how to bob and weave and duck with the best of them. And he's very good at putting the truth into the proper perspective for you.

Rule#5 is a way for you to let him know that you're willing to wait him out -- patiently, lovingly, but for as long as it takes.



**#5  
Say whuuut?**



#6 That doesn't work for me.

Why oh why, Princess, do you keep signing up for all that stuff that you really don't want to do?

Rule#6 offers a graceful way for you to put a cork in it next time you're tempted to sign up for more than you can really manage.

Unless you really *are* Superwoman!

A Princess doesn't like to choose quickly, easily, or lightly. Nor should she be expected to. For her, rushing through things isn't much fun. And she doesn't need to be told what time it is.

Rule#7 puts the way you're "always changing your mind" into a new perspective. Indecision can be a *happy-good* thing.



#7 Flip-Flop



#8 - Self-ish

Selfish! Selfish! Selfish! You've known all your life that it's something you're **not** supposed to be.

So maybe a new word would work better for you.

Rule#8 is all about you -- heaven forbid!

Sometimes even a Princess needs to be reminded. When is good enough good enough? What if you're setting the bar (for him) *too* high?

Rule#9 is merely a suggestion. It asks an important question: "If a man uses too little laundry detergent, are the clothes still clean (enough)?"



#9 - Zip it!

When spoken words fail, visual imagery comes into play.

Rule#10 brings back the "tiara look", as either a fashion statement or a facial expression -- or both.



#10 - Do I need to put my tiara on?