

THE PING-PONG OF PARTNERSHIP

*The Ten-Step Toolbox
to Up Your Game*



**YOUR
MODERN-DAY
RELATIONSHIP GUIDE**

Daphna Cohen-Ziv

Letter from the Editor

It is not often that a working manuscript draws me in and becomes impossible to put down.

The Ping-Pong of Partnership is like the one-on-one coaching I didn't know I needed, or the motherly relationship advice I perhaps never got. D. is a force: she has her hand on the pulse and sees things clearly, and draws out the best in others. It was impossible to refine her words on the page without being quietly confronted by them. I am sure you will be, too: she is gentle but tough, honest but caring, irresistibly tender, and delightfully hilarious.

I am honored to have played collaborative ping-pong with D., who is sharp, witty, an expert in her field, and a master in inviting you to see yourself and life clearly. All of D.'s work and drive are truly motivated by her mission to touch and heal humanity, creating more inner and outer peace in the world. She is a researcher of people and relationship dynamics. This book is compiled of thousands of hours of counselling, facilitating workshops, and her own life experiences. D. somehow makes the emotional world of dating and love feel like a spacious, grounded, and unexpectedly playful practice with yourself, offering a clear, vibrant framework that cuts through the pitfalls and invites you to live fully.

Frankly, we all need more of this woman in our lives. She knows how to lead with humor, tell the truth without flinching, and turn real life into real language. I still want more of her sweet, cheeky British voice in my life, even after the last round of edits. This is more than a book; her voice transcends the page and hits with the precision of a private coach in your ear. It's like having a solid friend who calls you out and has your back.

The Ping-Pong of Partnership program touches every messy corner of being human and has something to teach everyone. This isn't a book that sits politely on a shelf; it nudges you, challenges you, and elevates you, if you let it. And if I can speak freely, I hope you do.

~ Madeleine Webb



Introduction

The downfall of today's demanding lifestyle is that people are impatient and expect immediate gratification in everything – relationships included. Addiction to social media platforms, constant scrolling and leaping from meme to reel, clip to quote keeps us dissociated. We seem to think that everything will happen in a swipe – but that's just not how it works in the realm of the heart. This journey is a gentle, careful unfolding; a sensitive process that takes time. You wouldn't expect a plant to grow instantly, would you? Well, neither do relationships. Quick fixes won't work without real inner healing. Like a plant, relationships need a healthy base, the right conditions, the right nourishment, and a constant source of light to flourish. Learning to love and connect to another for the long term is a complex task, not to be taken lightly. It is a gradual process of development.

All around me, I see people struggling to build and live out the kind of relationships they want and believe they deserve. The frustration of not achieving this heart's desire can leave them feeling depressed, depleted, and lonely, with their faith and sense of self-worth bruised, feeling that their heart might never find a home. This hurt ripples through their soul and into every corner of their lives. So many are living this way that it has become, I believe, a dreadful epidemic.

How did we get here? Perhaps decades of Walt Disney's "happily ever afters" and Hollywood love stories have trained us to expect something that cannot manifest off-screen. Maybe your past has imprinted patterns you are barely aware of, or told yourself you can't change. Maybe your idea of the perfect partnership doesn't actually exist.

Perhaps we simply lack the right tools. If you stop and think about it, **no one ever taught us how to love ourselves – or to really love at all.** No one sat us down to explain how healthy love is meant to feel, how to self-regulate and create safety, or how to set and keep boundaries, how to invest in all aspects of ourselves and nurture our own inner child. We spend our lives searching for love from others, when in truth, the person we most need to care for and love is ourselves. When we learn to embrace all our facets, dark and light, we make friends with ourselves. Only then can we really build satisfying relationships, romantic and otherwise.

Too often, creating a relationship has become more of a business transaction – *“you take out the rubbish, I'll empty the dishwasher”* – rather than a safe haven where we can surrender, connect and belong. That's because many of us learnt to survive, to cope, to please, to manage ourselves and our partners in relationships. We go through life believing that we must please or fulfill other people's expectations in order to be worthy of love. But here's the truth: you are worthy of love without any external validation.

Forgive yourself for not knowing better or choosing wiser. Now is the time to make the shift.

Now is the time to unlearn all that no longer serves your highest good, and to clear what has been standing in

your way of creating deep, genuine connections. The right tools can help you raise your self-awareness, communicate effectively and understand all the people you come into contact with on a daily basis. Applying yourself to this programme and integrating its insights and tools has the potential to make a huge positive transformation to your perspective and your relationships, no matter where you're starting from.

After making every mistake in the book, I decided to write this one so that you have a chance of winning the game of love, because someone has set out the ground rules for you. Think of me as your personal chaperone, guiding you through this 10-Step Programme to help you understand yourself better so you can ultimately connect deeply with another person.

This relationship makeover guide is for everyone – regardless of relationship status, age, gender, or sexual orientation – because we are all in relationships all the time. Life itself is a constant ping-pong game of interactions with everyone we encounter.

Whether you're partnered or single, you can apply what you learn here in your everyday life. Most of the focus is on you – how you react and behave, the patterns keeping you stuck and unfulfilled, and your perspective on communication. Go through the process step by step, get to know yourself better, and you'll naturally open new doors to connect with people who share your wavelength. What truly matters is your desire and intention to connect, communicate, raise your awareness and grow – whether that's with a partner, in preparation for one, or simply to deepen your satisfaction with yourself and your life.

Being in a relationship is a challenging task, so I bless you with courage, determination, tenacity, persistence and a heapful of yearning to keep you searching for the answers that will shed light on your personal story. By the end of this book, you'll be more aware of your inner world, your influences from the past, your values, triggers, and blind spots, all of which will help you manage yourself better and create loving connections.



WE ARE EMBARKING ON A NEW JOURNEY

Picture this: you're madly in love. The way your partner thinks, talks, touches and laughs lights you up. Their gaze makes you feel desired; their presence, safe and alive. You love being together, sharing thoughts, dreams and silence. You have such a laugh together; you even have inside jokes. It feels close and intimate. You admire and respect one another, and even when life gets hard, you feel grounded and inspired. Your connection is electric yet peaceful. You accept each other fully and lift one another up. Life feels rich, fun and deeply fulfilling with your best friend. When you're together, there's no other place you'd rather be. You see where this is going, right?

Sounds brilliant, huh?! I wonder how many of you actually experience your relationships that way! From my experience as a therapist and relationship coach, I can sadly affirm that not many of us do. But...we *should* live like that! There should be more happy couples on the planet than unfulfilled, unhappy couples. As Jackie Deshannon sang in the sixties: "*What the world needs*

now, is love, sweet love, it's the only thing that there's just too little of." It is high time to change that.

From where I am sitting, people are speaking the same language, but with completely different subtitles, and they have no Google Translate to get them by! Couples are speaking and hearing through their own filters and are just not meeting on the same wavelength. More often than not, couples are ready to split up rather than see how they can patch things up and grow together, only to repeat these patterns with another partner later on down the line.

If you're reading these words, chances are you are fed up and want to change something in your relationship, or you are single and want that to change, too. Perhaps you miss the passionate love that you felt at the beginning, and you are looking for a practical solution to get your relationship back on track. I am here to show you the way.

Somewhere along the way on your path of partnership and personal development, you may have gone to sleep, taken over by routine, responsibilities, burdens, chores, challenges and work. You left parts of you untouched and stagnant, perhaps. This is your call to rise and shine, sunshine. We need a new set of eyes and a refreshing set of tools to build (or renovate) your relationship. It's time for a relationship makeover!

Making any kind of serious revamp or renovation will take work and dedication. Love alone cannot keep a marriage or partnership going. Without tools to nurture it, the flower of your love will wilt and lose its vitality, as you may already know.

In a world of people seeking love, rocketing divorce rates, and scarce connection, humanity is long overdue for a relationship reboot. If we want safe, meaningful, and loving partnerships, we need to upgrade our internal hard drive. This is your cheat code.

The Ping-Pong of Partnership begins within. True connection isn't just about the game played with another; it's about finding balance within you. Because when you make peace with yourself, you change how you meet the world.

This ten-step programme is the inner makeover you didn't know you needed. You'll be confronted; gently, honestly, and hilariously, revealing the hidden loops and reactive cycles that keep you stuck.

D. provides a practical toolbox to help you heal, release baggage, and align your inner world so outer relationships can finally thrive.

In this manifesto, D. transmutes darkness into light. She gives it to you straight with unflinching clarity; at times so direct it may have you reconsidering some of your life choices.

If there is one book you read this year to transform your relationships, this is hands down the playbook you don't want to miss.



Daphna Cohen-Ziv (D.), is a Holistic Practitioner & Relationship Coach. She blends extensive knowledge from years in her clinic & workshops with her own deep life experiences, offering a sharp, humorous and practical toolbox for mastering the dance between masculine and feminine energies in ourselves and in relationships.

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