

TIPS FOR KEEPING LOVE ALIVE

- TELL me often that you love me through your talk, your actions and your gestures. Don't assume that I know it. I may show signs of embarrassment and even deny that I need it – but don't believe it, do it anyway.
- COMPLIMENT me often for jobs well done and don't downgrade but reassure me when I fail. Don't take the many things I do for granted
- LET ME KNOW when you feel low or lonely or misunderstood. It will make me stronger to know that I have the power to comfort you. Feelings unspoken can be destructive. Remember I love you, I cannot read your mind.
- EXPRESS happy thoughts and feelings. They bring vitality to our relationship. It's wonderful to celebrate non-birthdays. Give gifts of love without reason and openly express your happiness.
- WHEN YOU RESPOND to me so I feel special, it will make up for all those who during the day have passed me by without seeing me.
- VALUE ME for what I am, even though sometimes things I see or feel seem insignificant or not real to you. If I see and feel it – for me – it's my experience and therefore important and real!
- LISTEN to me without judgement or prejudice. Being heard, like being seen, is vital. IF YOU TRULY see me and hear me as I am at the moment, I continue to feel alive as an individual as we help each other to change.
- TOUCH ME. HOLD ME. HUG ME. My physical self is refreshed by loving non-verbal communication.
- RESPECT my silences. We all need space to think things through. Alternatives for my problems, creativity and my spiritual needs are most often realised in moments of quiet.
- LET OTHERS KNOW you value me. Public affirmation of our love makes me feel special and proud. It's good to share the joy of our relationship with others.

It is these very real aspects of communication that are the cornerstones of a healthy loving relationship. They also make for the most beautiful sound in the world – 'I LOVE YOU'

Melissa Fanto suggests following the words of Leo Buscaglia from the book "Loving Each Other". Taken with permission from 'Two Equal One' Magazine available online

www.relate.org.au



Catholic Marriage Education Services

Email: marriage.ed@perthcatholic.org.au
Phone: (08) 9325 1859 Fax: (08) 9221 5421
Postal: GPO Box P1217, Perth, WA, 6844