



Learn to Love

Dealing lovingly with your partner's wishes.

Tutorial 3

www.Learn-to-Love-Letter.com



Index

1	Why a tutorial? _____	3
2	Everyday challenges _____	6
3	Some basic thoughts _____	9
4	The rule of love _____	10
5	What this implies for the relationship _____	11
6	Renovating your daily life _____	12
7	Exceptions and limits – even to love _____	15
8	Further thoughts _____	16
8.1	What could prevent us from living this rule of love _____	16
8.2	What helps us to live the rule of love _____	17
9	What have I learned? _____	18



1 Why a tutorial?

An insight we might admit to from our personal as well as our professional world might be that:

*Partnerships do not collapse because
of a lack of love
but rather from a lack of knowledge.
If we knew more
we would make them work better.*

Does that seem too easy? Perhaps, but it is easy to agree that we all want the same things, i.e. happiness and contentment - especially in a partnership. But how can we achieve them? When we look at our families and friends we can't help but be shocked at the number of separations and divorces. Moreover, many couples who do remain together do not give the impression of being particularly blissful. Why is this the case if everybody longs to be contented?

Could it be that some of us never learned how to be happy in a partnership? After all, how many of us had the opportunity to consciously prepare for a partnership or indeed for married life? In an age of specialization, society does not have a single specialist institution that we might consult when it matters - i.e. before we commit ourselves. A lucky few of us have role models, but how many of us have ones that are really useful?

We believe this model might be. We would like to **invite you** to work **your way** through it - alone, **with a friend, or with your partner**. This tutorial could give you knowledge that would enable you to change the quality of your partnership and to make it more secure, more relaxed and happier.

Partnership, love, family are the themes that affect our personal lives. Talking about these themes means having to get personal i.e. talking about things that mostly remain in the private sphere.

We intend to talk about personal matters. Each tutorial is built around three sample relationships. We have created them from the multitude of stories that have been lovingly shared with us in our professional lives. Some points from some of the stories we have heard are reflected in the samples. However their circumstances have been altered in such a way that nobody's individual story can be recognized.

You might feel that the stories depicted in the examples are exaggeratedly simple. That is the intention. We believe it is beneficial to use sharp contrasts in order to clearly demonstrate the efficacy of altering conditions. The stories are not intended to be great literature but rather working papers. The representations of common situations with their potential for sudden conflict are intended to demonstrate the universality of one's own problems, i.e. that they are "normal."

The seemingly simplistically harmonious solutions depicted in the second part are an envisioning of one of our fundamental beliefs; i.e. that apparently small modifications in our dealings with each other can have dramatically positive and happily permanent consequences.

Occasionally, you might recognize a slightly altered story in a later tutorial, which treats an apparently dissimilar topic. The reason for this is: depending on the particular point of view, a further issue (conflict) might come to the fore. Relationships, like communication networks, are very much intertwined.



We invite you to learn from the experience of others - as we always have done and continue to do. We invite you to share your experiences and insights with us and with others. To facilitate this, we have created a guest book where you can ask questions but also respond to the questions of others who are working with the tutorials. Perhaps it will be your idea that will make the difference in somebody's life.

But who are these other people? We think they are people like you: People who take their relationships seriously enough to want to improve them: People who believe they themselves and their relationships can be improved: People who are prepared to take advantage of the Internet - to learn - with and from others: People who value flexibility. We believe this offer is equally useful to men and women, young and old, to young people in relationships that feel old and to older people who want to re-invigorate relationships that have gone cold.

As in all our projects, we are assuming that you agree with us on the fundamental equality of men and women. This conviction is reflected in the language we use. The statements usually apply equally to either gender.

From our point of view, such tutorials are an optimal method to work profitably on one's own relationship at one's own pace. The first 14 tutorials deal with the basic rules of how to deal with conflict in the partnership in such a way that a more relaxed relationship can be established.

Let us agree on something else. Conflict is a normal part of every relationship. They will arise anew and will have to be solved anew. However, neither our upbringing nor the role models in our societal environment have ever been of much help in either resolving existing conflicts or avoiding new ones.

We rarely meet people who can be of real help with the specific issues we need to successfully resolve or who can tell us how or why to make a specific move.

To help overcome this problem, we have created an overview of the tutorials. This will help you identify the tutorial, which contains the topic that is important to you right now. It makes more sense to begin with the topic you and your partner have identified as most relevant to you regardless of its sequence in the list of tutorials. Search it out together and work through it together. Simply doing this with your partner is an important step in improving your current situation.

What does it mean if you cannot identify any success? In our experience, change takes time. Another factor is the length of time we have already used to get used to an existing pattern of behaviour. This applies even when we intellectually recognize that; "this isn't working and we have to make changes." Even then, the power of habit plays a role. The longer we have taken to form a habit, the longer it may take to (re-)form it.

If time has passed and there is still no success, it might be because there is an unconscious "objection" to your achieving success, contentment or happiness.

We will be dealing with this question from tutorial 30 onwards (expected in the 3rd quarter 2010)



Guide to the tutorial

- Based on several real-life examples. Examine the structure of partnership problems and thus recognize the source of hurt.
- Get to the philosophical basis of core problems by asking both serious and humorous questions
- Learn problem-solving rules
- Question these rules and in doing so, discover their importance. Recognize that breaking the rules will result in hurt.
- Look at the examples again through new glasses.
- Scrutinize the limits of the rules.
- Some tips on how to jointly apply these rules.

Tutorials 1 to 18 can and should be gone through in the sequence of your choosing. Tutorials 20 –30 are designed to deepen topics that have been previously addressed. They are most useful if you have already worked through the particular topic.

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2 Everyday challenges

Example 1:

Jam and Luisa have been married for a few years and work in different advertising agencies. The birth of their daughter Janina has turned their lives around. Jan arranged to take three months off work so the young family could spend quality time growing together. It was a wonderful time but it passed all too quickly and all too soon Jan had to go back to work full time.

At first, he pines for his family and they miss him. However, after some time they both adjust to the new routine. Luisa bonds more and more intimately with her daughter, who has already developed a personality and is taking up all her time. They spend every afternoon in the fresh air and once a week visit some other young mothers they had met in the delivery ward.

Soon, Jan's job is demanding his full attention. Often, he doesn't get home before 8 p.m. and is disappointed to find Janina already in bed.

Having consulted lots of friends, Luisa decided to breast feed her baby. This means that Janina spends most of the night in the big bed but Jan barely notices. Of course this has affected their love life and at first it is not a problem. However, time passes, and Luisa is showing no signs of wanting to resume their previous nightly activities. Jan doesn't want to pressure her. Anyway, he is often very tired. Sometimes he can't help wondering if becoming a parent meant that he was going to have to be semi-celibate. It seems to him that a long time has passed since he had a regular sex life.

On the other hand, his career is going well. He has been put in charge of an important new account. The new customer and more importantly, his bosses are very happy with him.

They give him a free hand, so he often finds himself dealing with the new client in the form of Regina a very professional career woman. She is a bit older than him and demands the very best. At first, he is exhausted by the intense debates they have but he soon discovers that he is learning a lot and Regina does listen to him when his ideas are good. What often helps ease the atmosphere is the sense of humour they both share.

To her own great surprise, Luisa has become completely absorbed by motherhood. Although she finds her new role fulfilling, she is often happy to just stretch out on the couch and listen to a CD. She often doesn't have the energy to talk much when Jan finds her like that. This does not bother Jan because he always has some work to catch up on. As soon as he can, he disappears into his home office and switches on his PC.

After some time, Luisa notices that Jan is not giving her his full attention. However, she doesn't mention this because, in fact, she does not blame him. Nevertheless, she had imagined family life to be different.

6 weeks later, when Luisa catches a bad dose of the flu, she realizes for the first time how alone she has become. Jan does his best. He manages to take the morning off but he has a meeting he cannot postpone at 1 p.m. Knowing what the advertising business is like, Luisa understands that he has to leave her with her high fever and blinding headache. She does not understand why he has to arrive home late to find her totally exhausted after a day trying to look after her energy-bundle baby as best as she could.

"Have you no consideration? Couldn't you have made a slight effort to get home early for once? I might as well be a single parent." Jan is going to say something but decides not to. Silently, he brings Janina to bed.



Example 2:

Sebastian and Sabrina have been married for 20 years. Their only child Rolf has left home to follow in his father's footsteps and study law. Sebastian has a successful practice, which employs several people. He owes his success to his ability to work hard. "There are no free rides," he likes to say.

Sabrina, a passionate equestrian, has a big circle of friends. For years, she has been supporting her friend Anke, who runs her own stables. In the early stages, Sabrina had helped with advertising and later with administration when things were up and running. Sabrina's most recent suggestion was the opening of a small upmarket shop for riders in an unused stall.

There are often weeks when Sebastian and Sabrina hardly see each other. Sebastian leaves home early while Sabrina is still in the shower. Sebastian often has to meet clients in the evening. However, they regularly phone and bring each other up to date.

Owing to two new clients his firm took on over the last several months, Sebastian's work load has increased still further. This means that Sabrina has been seeing even less of him in the evenings. Although she keeps busy and, among other things, has recently been volunteering in a social organization, she misses her husband.

Their relationship has of course changed over the years. The searing passion of the initial phase has matured into a good-humoured partnership. Both of them have space to pursue their individual projects without giving their partner a feeling of neglect. They have enjoyed each other's successes. Recently however, Sabrina has begun to feel that their connection has been weakened. Whereas there is no feeling of distrust in Sebastian's affection for her, their sex life has become a thing of the past.

She no longer knows who he spends his evening with. He no longer shares his worries or triumphs with her. In fact, they don't know much about what is going on in each other's lives.

Once or twice, Sabrina made an attempt to express her feelings and worries about their marriage. Sebastian had listened inattentively for a few moments and then changed the subject. Finally, she decided that things could not go on this way. She made an appointment with a therapist.

The therapist drew Sabrina's attention to one relationship tool she had, at least recently, been neglecting. She has not been expressing any wishes.

That evening, as they are having a snack before going to the theatre, she says that she would like to spend a weekend together in London. Sebastian looks flabbergasted. "But you always said you liked London, don't you remember?" Sebastian mumbles something unintelligible and points out that they have to make a move. Sabrina is devastated. The distance between her and husband seems so great she cannot imagine overcoming it.



Example 3:

Sara and Thomas have been together for a year. She is a nurse in the local hospital. Thomas is a mechanic. Two months earlier, they had begun living together and are very happy in their small flat. In the evening, Thomas goes to classes where he is studying to be a master mechanic. Sara also works a lot. They have agreed to concentrate on their careers for the moment so that they can achieve something in the future. They intend to get married when they have put enough aside to finance a dream wedding.

They both have good contact to their families. Sara's father had been a hard working-man who had almost exclusively concentrated on providing for his family. This had left little time for participation in family life but he and Sara got along very well. However, her mother had always been the mainstay in the family for she and her siblings. Unconsciously, where his job is concerned, she allows Thomas the same total freedom of movement that had been granted to her own father.

On the other hand, Thomas comes from a home where both parents contributed to family life. He is increasingly surprised that Sara does not express any wishes or suggestions about things that might enhance the quality of their lives. He sometimes has the impression that it suits her fine that they can spend so little time together. When they are together at weekends, she rarely comes up with any ideas about what to do. It is no problem for her if he decides to meet one of his pals. She is quite happy to organize something for herself.

He sometimes wonders whether her love for him is the same as his for her. "Surely," he thinks, "if it were the case, she would say that she wants to spend more time together – or at least tell me something that she would like me to do for her." Thomas begins to feel uneasy.

Finally, when Sara does notice that her boyfriend is beginning to withdraw, she is concerned.

"Maybe he needs more space," she thinks. "Maybe, now that we are living together, he is feeling pressured or enclosed."



3 Some basic thoughts

Love and relationship – what does it mean?

Are you familiar with these or similar scenes?

Yes ☐		No ☐
Remarks:		

Is one allowed to express a wish in a relationship?

Yes ☐		No ☐

Does my partner have to accept my wish?

Yes ☐		No ☐

If my partner knows me and loves me, how come he/she does not know what I want?

Yes ☐		No ☐

Isn't it normal, that love changes. Isn't it important to focus on the positive and not to signal dissatisfaction by constantly expressing wishes?

Yes ☐		No ☐

Might wishes remain unexpressed out of fear of the partner's rejection?

Yes ☐		No ☐

Are there wishes where a rejection could lead to separation?

Yes ☐		No ☐

What questions can you think of in this connection?

Yes ☐		No ☐

Is it possible that in rejecting a certain wish the relationship gets in danger?

Yes ☐		No ☐

Before you read on: Please go through these questions together and as thoroughly as possible. Please imagine how a **loving couple** with a lot of **warmth and heartiness** would respond to them.

Give yourself lots of time before you read on.



4 The rule of love

*When I express a wish,
I expect you to respond to it.*

We can respond to wishes in three different ways:

Yes – I am happy to do it

No – I'm afraid I cannot do it right now (with the reason)

Yes if – I'm able to do it if ... **a counter-wish**

Hearing a "No" to a wish is not very nice, but it does not imply that the relationship is in danger. For a child the rejection of a wish is an emotional catastrophe. A child lives in the here and now. One hundred percent of it's attention is on the desired goal. A no will break a child's heart.

Adults are able to react differently. We are in a position to simultaneously balance various aspects of reality: i.e. my own desires, those of my partner, my partner's sensitivity to my wishes, his or her ability (financial, logistical etc.) to agree to my wishes.

Confronted with a "No," an adult can intellectually accept or even determine the possible reason for the rejection. This helps us to deal with the situation.

An emotional acceptance of a rejection requires a level of maturity, which recognizes that a rejection of one's wish is not the same as a rejection of one's self. In this instance, what a "level of maturity" means is that ideally, the upbringing we have had – particularly when we were very young – should have prepared us to accept this knowledge.

In other words, again ideally, our parents were able to make us understand: "I cannot fulfill this wish, not because I don't love you but because ..."

Our challenge as an adult is to teach ourselves this, should we not have enjoyed such a positive educational environment in our younger years. Perhaps our current relationship does provide us with the ideal atmosphere to make this step in our development. Perhaps our current partner is exactly the person who will help us come to have a more relaxed, positive attitude towards our own wishes. Perhaps we will come to recognize that: it is only a wish, which like many things in life does not have to be fulfilled – at least not immediately (but perhaps later.)

We believe it is crucial that we formulate our wishes in such a way that it is easy for our partner to fulfill them. This does not mean manipulating our partner with rhetorical tricks. It does mean expressing ourselves clearly and comprehensibly. You may be surprised to hear that even people who are known for their eloquence are not automatically able to plainly formulate their wishes.

Here are some examples of incorrectly formulated wishes:

- I wish you wouldn't fly off the handle so quickly
- I wish you were slimmer
- I wish you would show your love more demonstrably



We are usually happy to fulfill our partner's wishes and vice versa. This is made easier if we consider the following points:

1. I express myself **positively**
(not I wish you would not ...)
2. I express only **one wish** in one sentence. (Multiple wishes may contradict each other)
3. My wish concerns a **specific act** of my partner.
4. My wish is linked to a **specific time**.

5 What this implies for the relationship

As soon as we have developed the ability to competently deal with both our wishes in our relationship, we will have facilitated feelings of increasing closeness to our loved one.

When we express a wish and it is acted upon, we experience that we are important enough to our partner that he/she wants to fulfill our wish immediately or to explain the conditions in which it can be fulfilled. We can experience this feeling even when our wish is rejected but good reasons are expressed – allowing us to get to know him/her better and smoothing the progress of proximity.

To put it another way: The rule of love “When I express a wish, I expect you to respond to it.” aids a development of **loving closeness** in which both partners can rely on the following:

- I am important to my partner.
- My partner is important to me – I can demonstrate my love by fulfilling his/her wishes.
- This makes us both aware of the wishes we express.
- Expressing a wish allows my partner to know exactly what I attach to “being loved.”

Perhaps you feel some reservation in dealing with this rule of love. In that case, perhaps the following questions can support the processing of this topic:

- Do I have negative associations to people who freely express their wishes?
- What do I gain by not fulfilling my partner's wishes or by keeping him/her in the dark for a long time about my intentions?
- What image do I have of myself and/or my partner when I don't express my wishes.
- Am I striving towards a relationship based on equality? If so, how does this relate to my ability to express wishes or to act on those of my partner?

Although, at first glance, the rule: “When I express a wish, I expect you to respond to it.” may appear simple, we believe its implications are extremely complex. On the other hand, we are convinced it is fundamental to the relationship and consequently worth your close attention for the next several weeks.



6 Renovating your daily life

Example 1:

Luisa and Jan:

Luisa's recovery from her 'flu takes several weeks. In addition to her physical maladies she begins to experience strong reservations about her husband: "If Jan is prepared to leave me in the lurch when I have the 'flu, what will happen if I am seriously ill?" Furthermore, she begins to wonder what will happen when she needs more free time for herself and he has to find time to look after Janina? Would he be even prepared to do so? What has happened to their relationship? At the end of a hard day, Jan used to bring her a cup of cocoa without her asking. Now he seems to need instructions to make her a cup of tea. Luisa is not happy.

Jan notices and is hurt. He feels that nothing he does for her is what she wants or can make her happy. On the other hand, she does not say anything but just looks at him as if he should not have bothered. He too has a lot to deal with. In addition to his increasing responsibilities at work and the immediacy of the current project, he too is also a parent. He too would like to be able to simply switch off sometimes and simply relax together. He does not exactly know what he would like to do but recognizes that the space between him and his wife has surreptitiously grown. This gives him cause for fear.

Thus, he readily agrees when Luisa suggests a visit to a family coach, who was recommended by a friend. Some weeks later, they are quickly put at their ease as the friendly lady calmly asks questions that help them identify the current state of their relationship, its development and their mutual strong points as they see them.

She suggests concentrating on the discovery of their respective wishes and how to express them to each other in the right way.

It only takes a few weeks for Jan and Luisa to recognize how this apparently simple exercise helps them recognize where they both are and to regain a feeling of closeness.

"Expressing a wish is a kind of magic," Luisa says as she unconsciously strokes Jan's arm when they are out walking some months later. Jan, who is fighting with the baby-sling looks at her.

"When you express a wish that I can fulfill, it gives me the chance to tangibly demonstrate my love. That is really nice for me."

"It's not bad for me either," says Jan with a grin. Growing serious, he says: "I believe that learning to make wishes has helped us avoid a real crisis in our relationship."



Example 2:

Sebastian and Sabrina:

The following day, Sabrina realizes that she was so wrapped up in her own thoughts that she can hardly remember anything from the evening in the theatre. She also realizes that she is in danger of losing Sebastian - the most important thing in her life. She is not going to let this happen without a fight. Although the wish she expressed did not resonate, she is convinced that her approach, i.e. to say what she would like, was basically OK. But, something had gone wrong. She decides to use her next therapy session as preparation for her next conversation with her husband.

Having weighed several alternatives, Sabrina decides to arrange a special evening at home. When Sebastian arrives home on Friday, he is delighted to find that Sabrina has cancelled all their outside appointments and cooked his favorite meal. "I thought it would be nice to spend an evening all by ourselves," she says. "What a great idea," he replies as Sabrina begins to play a Bob Dylan CD.

Soon they are laughing at the kind of reminiscences that can only come up when the atmosphere is totally relaxed. Sebastian tells his wife he had not realized how much needed an evening like this. "What gave you the idea to organize it," he asks.

Sabrina tells him that her therapist had challenged her to think about what was missing in her life. The challenge had surprised her. She had always considered herself to be fulfilled, what with her work for Anke, her charity work her housework etc. She even considered her husband to be happy and fulfilled with his busy, successful career.

"I finally came to the conclusion that I was missing the "WE" in my life. Our individual lives are so full that we have little quality time to spend with each other. That was why I proposed a trip to London. However, I now realize it does not have to be a long weekend away, it can be a walk along the river together or an evening like this. Do you understand what I mean?"

Sebastian is quiet for a while. Finally he looks at her and says: "What you have said reminds me of one of my clients, a very rich and successful businessman named Harry Kelly. I attended his funeral a few weeks ago. He died of a stroke aged 52. I had never seen his wife and children until the funeral. I remember realizing that somebody was going to replace him and manage the business but nobody could fill the gap left in his family. Of course, by the time I got back to work, I had forgotten about him. I had a lot to do... Thank you for reminding me of the things that are important in life."

Sabrina then tells him about the idea of expressing wishes and how acting on the wishes of one's partner can be fulfilling. "So please tell me more often what you want me to do for you..." she finishes.

Sebastian grins. Well if you had asked me yesterday I would have said I needed exactly this kind of evening.

"Fine she laughs, but does always have to be with sausage and mash??"



Example 3:

Sara and Thomas:

Some time later, when Thomas and Sara are spending a weekend with his parents, his mother notices the somewhat tense and ill at ease. She gets a moment alone with him at breakfast next morning and asks him what is not right in his relationship.

After some hesitation, Thomas admits to his fear that Sara has somehow cooled towards him. "Why would you say that," his mother responds. "I have the feeling she likes being here and that would not be the case if she was unhappy with you. Have you had a fight?"

"No," says Thomas, "It is just that she hardly ever wants to do anything with me. I know we are both busy. She has her friends and I have mine. However, I think it is strange that she is always happy for me to do my own thing at the weekend. We hardly see each other during the week except late in the evenings but she never complains if I go off with my friends after training at the weekends. She is happy enough to look after herself and go off with her friends or something."

His mother thinks for a while before responding: "What do you really want? Have you considered that she might think you would be unhappy if she did not give you this space? You could actually see this as a sign of her trust in you. Look," she continued with a smile, "If I was your fairy god-mother and not just your mother, what would you wish for?"

"Actually," replied Thomas, "I would like her to want something from me." They both laugh.

"Why don't you just tell her how you feel and that you want to get to know how to please her. You cannot assume that everybody is able to express their wishes the way you have learned to do in this family."

That evening, as soon as they get home, Thomas follows his mother's advice. Sara is stunned to hear how he had been interpreting her behavior. She explains that far from wanting to distance herself from him, she felt she was sacrificing the pleasure of his company in order to make him happy. That is how her mother had always behaved and it worked fine.

Thomas explains what he had learned from his mother about the open expression of wishes to one's partner. "Far from limiting my behavior, if you tell me what you want, it gives me the opportunity to give you pleasure – and I don't only mean in THAT way," he grins. "I would like to be able to tell you what I wish for. Of course you won't be able to fulfill every wish but just the fact that I can tell you what I want is good for me."

They decide to give it a try and start off by wishing themselves good luck.



7 Exceptions and limits – even to love

Despite our claim that an unfulfilled wish does not endanger a relationship, you might have experienced the opposite, i.e. that your relationship ended because of an unfulfilled wish.

Should that be the case, you might find that the situation was one where an expressed wish was mistaken for a demand. This is not simply spin-doctoring but an important differentiation:

For example, if I articulate a condition, which for me is indisputable, I am not making a wish but rather a demand. Should I tell my partner that: "Faithfulness is a crucial element in my relationship, if you are unwilling to commit yourself to this, I am not interested in a relationship with you." I do not express it as a wish: "I would like you to be faithful in a relationship with me."

We can only speak of a "wish" if the subject allows my partner the three alternatives discussed above, i.e. Yes I'd love to, - Yes under certain conditions, - No because..... Such a wish would not endanger the relationship.

What situations can you imagine where the rule of love: "If I express a wish, I expect you to respond to it," could stretch you to your limits?

Expressing and responding to a wish represents a particularly beautiful type of communication, which contributes to a deeper closeness and feeling of security between two people. On the other hand, I reach the limits of my understanding if my partner expresses a wish in a way that I cannot easily comprehend. After all, I can hardly be expected to respond to an incomprehensible wish!

If I always try to formulate my wishes positively, if I limit myself to one wish at a time and if I attach my wish to a specific action on the part of my partner and a specific time, he or she will more easily be able to positively respond to it.



8 Further thoughts

8.1 What could prevent us from living this rule of love

Some people find it easy to respond to the question: what do you wish for? This would give some people an opportunity to consciously concentrate on their inner needs in order to give a full response.

Some people have difficulty accessing their inner needs. It is not that they don't have wishes. It is just that experience might have taught them to keep their wishes to themselves as they won't be fulfilled anyway. Perhaps their wishes are locked in so deep a dungeon that a spontaneous question could never find the key.

Should you notice that you have difficulty formulating wishes, it might be worth asking yourself what fears might be preventing you from doing so. Our experience has shown that the fear I could be:

dumped or left alone

often plays a big role. If an inner voice is telling me that ultimately, I am alone and that nobody really cares about what I want, or me, then I am hardly likely, or able to share my wishes with my partner.

We recommend following this rule even if you believe there is insufficient closeness in your relationship to discuss topics such as your inner needs. It is exactly when this closeness is missing that you should decide to begin expressing wishes. This will enhance the quality of your relationship. Why - because, by exchanging wishes, you initiate a process of exchange. One of you expresses a wish and the other responds to it.

Responding means he or she listens, agrees or tells you what is preventing agreement. In any event, the simple act of sharing your thoughts leads to an increase in closeness.

Perhaps you will find it worthwhile to discuss this with a view to discovering the fears that might be blocking the expression of your wishes.



8.2 What helps us to live the rule of love

You will directly experience how your closeness will be enhanced if you are able to incorporate this rule of love in your life. You will sense how the connection to your partner is enhanced when you begin to exchange wishes. However, few couples are capable of immediately applying the rule of love “when I express a wish, I expect you to respond to it,” in accordance with this tutorial.

For most of us, a novel idea is at best, an impulse to initiate the consideration of a fresh approach. The following questions could prove to be a red line:

- Do I love my partner?
- Does fear play a role when considering the expression of wishes?
- Am I able to name these fears and then consciously put them aside in order to free myself to try something new?
- Doesn't my love for my partner make me seek a more **conscious connection**?
- Can't the conviction that we are **connected in love** cause me to meet my partner with a heart **full of cordiality**?
- When we meet in heartfelt cordiality, we experience how closeness grows.

If you try to apply these ideas, you will surely find more reasons why this rule will work and how it will contribute to improving the quality of your relationship.



9 What have I learned?

It is helpful to write your feelings and ideas and interesting to refer to them later.
