

How Does A Husband Spell Love To His Wife?-COUPLE

Closeness-Am I always remembering to move toward her and accept her need to talk and connect with me to be reassured of my love?

*you hold her hand, *you hug her, *you are affectionate without sexual intentions, *you are with her alone so you can focus on each other and laugh together, *you go for a walk or jog...anything that results in togetherness, *you seek her out...set up a date night...eat by candlelight, *you go out of your way to do something for her, like run an errand, *you make it a priority to spend time with her, *you are aware of her as a person with a mind and opinions...let her know you enjoy discussing things with her and getting her insights, *you suggest the unexpected...get takeout and eat on the beach...take a walk to see the full moon...park on the bluff and watch the sunset, *you pillow talk after making love...lie close with your arm around her and share feelings and intimate ideas...and never turn on *SportsCenter* or *Nightline*

Openness-Do I share my thoughts with her, and am I sure I'm not resisting her efforts to draw me out?

*you share your feelings, telling about your day and difficulties, *you say, "Let's talk," ask her what she's feeling, and ask for her opinions, *your face shows you want to talk-relaxed body language, good eye contact, *you take her for a walk to talk and reminisce about how you met or perhaps you talk about the kids and problems she may be having with them, *you pray with her, *you give her your full attention...no grunting responses while trying to watch TV, read the newspaper, or write e-mails, *you discuss financial concerns, possible job changes, or ideas for your future

Understanding-Am I careful not to try to "fix" her every time she talks about one of her concerns or problems? Am I remembering that she is an integrated personality and whatever happens affects all of her, especially her emotions?

*you listen and can repeat back what she said, *you don't try to "fix her problems" unless she specifically asks for a solution, *you try to identify her feelings, *you never dismiss her feelings, no matter how illogical they may seem to you, *you say, "I appreciate your sharing that with me", *you don't interrupt her when she's trying to tell you how she feels, *you apologize and admit you were wrong, *you cut her some slack during her monthly cycle, *you see something that needs to be done and you do it without a lot of hassle, *you express appreciation for all she does: "Honey, I could never do your job", *you pray with her and for her

Peacemaking-Am I always willing to resolve issues, and am I careful to never say, "Let's just drop it and move on"?

*you let her vent her frustrations and hurts and don't get angry and close her off, *you admit you are wrong and apologize by saying, "I'm sorry, will you forgive me?", *you understand her natural desire to negotiate, compromise, and defer, and you meet her halfway, *you try to keep your relationship "up-to-date," resolving the unresolved and never saying, "Forget it.", *you forgive her any wrongs she confesses, *you never nurse bitterness and always reassure her of your love, *you pray with her after a hurtful time

Loyalty-Do I constantly look for ways to tell her that I will be loyal to her forever-that she's the one love of my life, the only woman for me?

*you speak highly of her in front of others, *you are involved in things important to her, *you help her make decisions, such as ones regarding the children, *you don't correct her in front of the children, *you don't look lustfully at other women, *you make her and your marriage a priority, *you are never critical of her or your children in front of others, *you include her social gatherings when others may leave their spouses home, *you tell the kids, "Don't speak to your mother that way!", *you call and let her know your plans, *you keep commitments, *you speak positively of her and the children at all times

Esteem-Do I always let her know that I treasure her and put highest value on her as a person? Do I let her know that what she does and thinks are important to me? Does she know I couldn't possibly do without her?

*you say, "I'm proud of the way you handled that", *you speak highly of her in front of others, *you open the door for her, *you try something new with her, *you give her encouragement or praise with kindness and enthusiasm, *you notice something different about her hair or clothes, *you are physically affectionate with her in public, *you teach the children to show her and others respect, *you value her opinion in the gray areas not wrong but just different-and valid, *you choose family outings over "guy things", *you make her feel first in importance, *you are proud of her and all she does