

THREE TO GET MARRIED

Giving & Receiving Love in Your Marriage

Overview:

Marriage works only when each spouse takes the time to consider the way each other feels loved. Understanding that there are many ways to give and receive love is the first step in understanding the best ways to be sure your spouse feels your love for them.

THE MOST IMPORTANT WAYS MEN AND WOMEN GIVE & RECEIVE LOVE*

(in Alphabetical order)

1. ADMIRATION/WORDS OF AFFIRMATION...

a deep desire to be respected, valued and appreciated by your spouse; a desire for this admiration to be expressed clearly and often.

2. AFFECTION...

non-sexual acts of love (loving words, cards, gifts, hugs, kisses, and courtesies); creating an environment that clearly and repeatedly expresses love.

3. CONVERSATION...

not simply talking to someone. Good conversation is characterized by the following: (1) using it to inform and investigate each other; talking about events of the day, feelings, and plans, (2) focusing attention on topics of mutual interest, (3) balancing the conversation so both have an equal opportunity to talk, and (4) giving each other undivided attention while talking to each other.

4. DOMESTIC SUPPORT...

Creation of a home environment for you that offers a refuge from the stresses of life; managing the home and care of the children—if any are at home—including but not limited to cooking meals, washing dishes, washing and ironing clothes, and housecleaning.

In earlier generations, it was assumed that all husbands had this need and all wives would naturally meet it. Times have changed, and needs have changed along with them. Now, many men would rather have their wives meet their needs for affection or conversation, needs which have traditionally been more characteristic of women. And many women, especially career women, gain a great deal of pleasure having their husbands create a peaceful and well-managed home environment for them. But on average, men still express this need more often than women.

5. FAMILY COMMITMENT...

Scheduling sufficient time and energy for the moral and educational development of your children; educating himself/herself in appropriate child-training methods and discussing those methods with you.

6. FINANCIAL SUPPORT...

Provision of the financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you. You may not realize how important this need is to you until after children arrive.

7. HONESTY AND OPENNESS...

Revealing positive and negative feelings, personal history and events of the past, daily activities, and plans for the future; not leaving you with a false impression; answering your questions truthfully.

8. PHYSICAL ATTRACTIVENESS OF SPOUSE...

Keeping physically fit with diet and exercise; wearing hair, clothing, and (if female) makeup in a way that you find attractive and tasteful; maintaining good physical hygiene.

9. RECREATIONAL COMPANIONSHIP...

Developing interest in your favorite recreational activities, learning to be proficient in them, and joining you in those activities. If any prove to be unpleasant to your spouse after an effort has been made, negotiating new recreational activities that are mutually enjoyable. Combines two needs into one. First, there is the need to be engaged in recreational activities and second, the need to have a companion.

10. SEXUAL FULFILLMENT...

A sexual relationship that brings out a predictably enjoyable sexual response in both of you and that is frequent enough for both of you.

**This information is summarized from research conducted by Dr. Willard Harley, Jr. For more information see his book "His Needs, Her Needs: Building an Affair-Proof Marriage."*

Harley's list generalizes his research over the years. But, you are you! And, the most important things that make you feel loved may differ from the average person in Harley's study.

How Do You Receive Love?

On a scale of 1-10 rank the ways that you feel loved.

- | | |
|--|---|
| <input type="checkbox"/> Admiration/words of affirmation | <input type="checkbox"/> Financial Support |
| <input type="checkbox"/> Affection | <input type="checkbox"/> Honesty and Openness |
| <input type="checkbox"/> Conversation | <input type="checkbox"/> Physical Attractiveness |
| <input type="checkbox"/> Domestic Support | <input type="checkbox"/> Recreational Companionship |
| <input type="checkbox"/> Family Commitment | <input type="checkbox"/> Sexual Fulfillment |

How Does Your Future Spouse Receive Love?

On a scale of 1-10 rank the ways your FUTURE SPOUSE feels loved.

- | | |
|--|---|
| <input type="checkbox"/> Admiration/words of affirmation | <input type="checkbox"/> Financial Support |
| <input type="checkbox"/> Affection | <input type="checkbox"/> Honesty and Openness |
| <input type="checkbox"/> Conversation | <input type="checkbox"/> Physical Attractiveness |
| <input type="checkbox"/> Domestic Support | <input type="checkbox"/> Recreational Companionship |
| <input type="checkbox"/> Family Commitment | <input type="checkbox"/> Sexual Fulfillment |