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WHEN THE LOVE IS GONE

My Mate Does Not Love Me ...

How do you know that he/she does not love you? What does that person do or not do that tells you they no longer love you? Which of your expectations is that person not meeting? Does your mate have to make you feel loved (live up to your expectations)?

If you do not feel loved, what are your options? Start looking for a different relationship? Is it your mate's responsibility to make you feel loved? Can any person make you feel loved if you do not want to feel loved?

What would your mate have to do to, for, or with you, so that you would feel loved? Make a list what they would have to do in behavioral terms? **Stop** here and make a list of what would make you feel loved . . . Now.

Once you have made your list, cross out any statement that is like or similar to the examples below.

- ✓ "They would need to be nice to me."
- ✓ "They would need to be considerate of my feelings."
- ✓ "They would need to be there for me, when I need them."
- ✓ "They would need to support me emotionally."
- ✓ "They need to be dependable and responsible."

Each one of these expectations is problematic for your relationship because these statements are abstract and do not communicate what you really need. What does "being nice" to you look like? "Didn't I go get beer for you last weekend?" "Didn't I mow the lawn for you." My guess is not one of these things that you did, made her/him feel loved.

What does "considering your feelings" look like? What does "being there for you" look like in behavioral terms? What does "supporting you emotionally"

look like? What does a dependable, responsible person do in behavioral terms? For each of these statements above, what are your expectations?

One of the major causes of friction in a relationship is not living up to each other's expectations. That starts with both partners having vague, abstract expectations of each other.

It is also true; nobody can make you angry. It is because they are not living up to **your expectations** that makes you so angry.

Think about it like this. You buy a beautiful car with all the bells and whistles and then you are angry because it will not float on water. It is your problem because you bought a car that could not live up to your expectations. It may mean walking away from someone you desired deeply.

The problem is that many people "buy" a love mate that is not designed to operate to your expectations. You can have a beautiful round peg, but it will not fit in your square hole. Maybe it is time to find a square peg for your square hole. You can do that either by changing your expectations or finding someone who has the same expectations as you do.

Your greatest opportunity is to stop waiting for someone to choose you. To stop waiting for someone to want you. To stop waiting for someone to love you. Now is the time to start "interviewing" people to find someone who has the same expectations as you do.

If you own a business and you want an employee who can do a specific task, would you sit around waiting for someone who is physically attractive to you, then hire that person without interviewing them? Later, you find out that they have no communication and/or problem-solving skills!

You will not find someone who has the exact same expectations as you do! The next best thing you can do is to find someone who is willing to compromise or trade expectations.

No one, including your mate, can make you feel loved. If someone is hell bent on being miserable, there is nothing you can do to make them feel loved. You are an adult now, and you are responsible for your own needs. We all need to feel significant, important, and valued. We all need to feel loved!

The question is how do we create those feelings in ourselves?

So, when you felt loved by someone, how did **you** create those feelings? Love is not an accident! You did not just **fall** in love. (Infatuation is what many people call love.) Infatuation is where you are projecting onto a person aspects and qualities that you are hoping are there.

To do that, you will need to learn to stop looking outside of yourself to find the source of your love. If you cannot love yourself, then you will have a hard time believing that someone else could love you!

What does “loving yourself” look like? Sitting in the corner and hugging yourself? No! Loving yourself looks like taking all the judgments off yourself. That means getting rid of all your “I shoulds.” Such as, “I should be 30 pounds less.” “I should be more patient with the kids.” “I should have a better job that pays more.” Etc.

I used to do seminars for women only. One of the questions I would ask was “How many of you are satisfied with your figure and the size of your breasts?” In a group of over 100 people, I would be lucky if I got two or three women who would raise their hands!

One of the major aspects of loving yourself is your ability to accept yourself as you are. That does not mean that there are not aspects of yourself that you would not like to change.

Acceptance does not mean approval.

You **can** love yourself without accepting yourself. However, the result is that you will never really believe that you are lovable. Accepting yourself does not mean you approve of your drug addiction. It means that you accept that you have a drug problem, and you will be a drug addict until you choose to change.

For example, accepting yourself means you can tell yourself “I accept that I am 75 pounds overweight, and I will continue to be fat until I choose to change it.” Accepting the truth about what you are and stating that you have the power to change it, puts you in charge of your life.

Accepting yourself is not easy. It requires that you separate and examine your beliefs. One good way of discovering what your beliefs are is to look at what you do and what you say. You can always tell you have a problem when you believe that:

- ☐ Wanting to do something is the same as doing it.
- ☐ Promising to do something is the same as doing it.
- ☐ Having good intent is the same as doing it.

It only counts when you actually do it.

Some people believe that if they accept that they are where they want to be, then they will not change. This is true if they do not take responsibility for their lives. You must take responsibility for your life.

Responsibility is where you accept that where you are is where you want to be, AND that you have the power to change where you are when it is important enough to you to do it.

With responsibility, you do not blame others. “You made me angry.” “I cannot lose weight because you are sabotaging my diet.” Etc. If someone said to you, “if you eat that chocolate, I will kill you.” And you saw that they meant it, would you eat the chocolate? Oh, now it is important to you to lose weight!

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