

# I NEED LOVE

**\*\*I need more love.** For men, love is often used as a euphemism for sex. Young men often experience sex as their main driving force. This is not true for most women who seldom experience sex as their main driving force. Men assume that women will experience sex the same way they do.

Love for women is often a euphemism for being significant to someone who listens to you and is devoted to you only. As a result, the couple uses the exact words; however, the words they use have different meanings. "I love you." Does that mean it is ok to start having sex?

The core problem is that they hear each other's words but do not listen to what it means to the other person. They assume what they hear is the same as what the other person means. This is especially so when it comes to the words love and sex. Men may often see sex as a basic human need; women will see it more like the whipped cream on the ice cream.

Sex is not love, and love is not sex. Sex can be the whipped cream on the ice cream Sunday, but whipped cream by itself is not very filling.

When it comes to sex, look out for judgments. You tend to judge people who are different from you. For example, "You are oversexed." "Well, you are under sex." When someone says you are oversexed, they are only saying that you want less sex than they want. If the person says you are undersexed, they are only saying that they want more sex than you want.

You need to ask yourself two questions: In concrete behavioral terms, what am I looking for in a mate? And, in concrete behavioral terms, what is the other person looking for in their mate? Answer the first question first. Are you looking for a long-term, mutually supportive, monogamous sexual relationship?

Before you start looking for love, you need to be very clear on these questions: what is my role, and what is your role? It is essential if you are going to have a happy relationship that these expectations are spelled out

very clearly. The final question is, when we disagree, how will we resolve significant differences?

Once you find someone you love and who loves you, learn to communicate your love feelings. In the book *The Five Languages of Love*, the author points out five ways couples express love. No single couple will use all five methods of expressing love.

Some people will experience love when they touch in a loving, tender way. Others will feel repulsed when touched. For example, a young child who was never touched except to be hit may find that physical touch is a turnoff for her as an adult. She may need to hear words of love and acceptance to feel loved.

At the same time, a third person may experience feelings of love when given small gifts as tokens of the person's love. And finding love will require that you both understand what makes the other person feel loved. And then respond to the feelings of love in ways your mate understands and feels love. Seldom do people respond to the same stimulus in the same way.

Regarding love, your beliefs and expectations can be very different. You must discuss some of these concepts for a successful, long-term relationship.

**Love as an accident?** Have you ever fallen in love? The problem with love is if you can fall in love, then it is just as easy to fall out of love. You will find no security if you talk about love as an accident. Accidents can happen unexpectedly at any time. “Some enchanted evening, you may see a stranger, You may see a stranger across a crowded room, And somehow you know. . . .” Richard Rogers. Richard Rogers is lying to you and setting up unrealistic expectations.

There is no such thing as love at first sight. You certainly can have lust at first sight. But love is a process, not an accident. For this process to work: 1) It requires that you spend time together 2) honestly sharing your feelings. Including but not limited to your hopes, disappointments, missed expectations, and successes. Ideally, 3) and accepting the person totally.

Ideally this would include 15 to 20 minutes daily. Unfortunately, this is not possible for many couples, so would you settle for 15 to 20 minutes a week? This needs to be scheduled into your life if you want the feelings of love to continue and grow.

The next step in the process is probably the hardest; this is where you must be able to accept what the other person is saying. (Acceptance does not mean approval.) If your partner says, "I am not feeling very loving at the moment. I have a lot of anger built up against you, and I need you to listen." Are you able to accept what the person is saying without being defensive? No one feels loving or loved all the time. At some time, everyone will be angry at their mate for not living up to their expectations. Is that okay? Does someone have to live up to your expectations so that you will be okay?

If you can share and accept each other's feelings and continue to do that, you will have a very successful relationship.

The concept that the intensity of our love feelings guarantees that our love will last. Love is a guarantee of nothing.

Here's another concept that can get you into trouble. Many couples believe that the relationship will last forever.

Nothing is forever! Instead of being afraid of your relationship ending. . . . Because it will eventually end. Instead, focus on each day as if it were the last day of your lives together and make it a fantastic day.

If you need a hug, the best way to get it is to give a hug. If you need more love, then you create love by doing the things that create the feelings of love.