



## **Love Makes The World Go 'Round – Want To Help?**

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### **Abstract:**

Love is the Golden Touch. This talk will introduce new research on relationships, both good and bad. Attendees will be able to identify ways to give and receive love more successfully, and learn how to get along in relationship with skills not previously thought of.

One of my friends was selected to be the counselor for Viet Nam refugees who had the most horrible experiences life could imagine – seeing family members raped, tortured, murdered – babies killed, parents taken away, never to be heard from again. These people were brought over in a ocean liner and were greeted in the United States by the immigration authorities and by counselors wanting to be of service to them. My friend trained in crises intervention techniques, post traumatic stress syndromes etc When she met with individuals in the in one-to-one sessions, the topic that was most discussed was relationships that had formed on the ship that brought them here.

We all discuss our relationships and usually we discuss the areas of our relationships that don't work, when we want them to work more than anything else in the world. The divorce rate is astronomical. Divorce has become a viable option when a couple gets married. Prenuptial agreements are commonplace today. When the words "till death do us part" were written people were dying in their 30s and early 40s. Times have changed. Yet when all is said and done, we

all want to be with someone we treasure and who treasures us. As many books are written on how to get along in a relationship as there are self-help books in general. We all want to have the love in our life make our world go 'round. My talk today is to discuss some very exciting tools that can make that happen. The two books that I own this wisdom to are **Five Languages of Love**<sup>1</sup> and **How To Improve Your Marriage Without Talking About It**<sup>2</sup>.

John Gottman (**Seven Principles for Making Marriage Work**<sup>3</sup>) is the man from Washington State University who created a love lab in which couples would come up for a weekend and were video taped and wired for sound for the entire weekend except when they were in the bedroom and bathroom. Interactions were carefully monitored. The longitudinal study then included a follow up to check out how the couple fared. This study was conducted over a 20-year period. From that study Dr. Gottman came up with his definitive work on the Seven Principles, that if followed can make a marriage work. He also came up with what he calls the four horseman of the apocalypse (criticism,

defensiveness, stonewalling and contempt), which are guaranteed to make a marriage fail. The Seven Principles for making a marriage a success are the following:

1. Learn more and more about your partner – he calls this Enhancing Your Love Maps
2. Nurture Your Fondness and Admiration
3. Turn Toward Each Other Instead of Away From Each Other
4. Let Your Partner Influence You (especially men need to let their women influence them)
5. Solve Your Solvable Problems and recognize that there are some that cannot be solved
6. Overcome Gridlock and
7. Create Shared Meaning

These principles cannot be underestimated and should be at the forefront of any relationship. The Principles I want to focus on for this talk are Principles #1-3 in a way that adds to his invaluable Principles.

Drs Patricia Love and Steven Stosny add another dimension to Gottman's Principles # 2 Nurturing Fondness and Admiration and # 3 Turning Toward Each Other in their amazing book **How To Improve Your Marriage Without Talking About It:**

Men and women are different. The specifics of these differences in relationships cannot be ignored. Some of their pertinent points are:

1. Men are happiest in relationship when they know that they know that their wife is there. Men can go away for long periods of

time and feel satisfied the their woman is home and his. Women are happiest in relationship when they are emotionally connected with their man. That connection is crucial to her. The big difference is presence for men and connection for women. John Gray talks, in his Venus and Mars books, that men need to know they make their woman happy and women need to have her man be there for her emotionally. When a man feels that he is present, in the house, it is enough – he assume that everything is OK. If things are not OK, he wants to fix whatever is wrong so that peace can be reestablished. When a woman feels connected, that her man is there for her, things are OK. If she feels a distance or trouble in some way, she wants to talk to get reconnected.

2. When a woman asks to talk to her man she is usually feeling disconnected. For a man this means that he has failed to make her happy in some way. This failure makes him feel shame. Men will do anything to avoid feeling shame and women will do anything not to feel abandoned.
3. All that couples do with and to each other has to do

with the values they hold for that relationship. For the relationship to grow, each and every action and verbal interaction needs to be first run through the screen test: Does this

- a. connect us
- b. appreciate him/her
- c. protect her/him/us
- d. improve us

If it doesn't then don't say it and don't do it!  
There is no need to talk about it.

Regarding Principle # 1 – Enhancing Your Love Maps. Dr. Gottman says:

“They remember major events in each other's history, and they keep updating their information as the facts and feelings of their spouse's world change. When she orders him a salad, she knows to ask for his dressing on the side. If she works late, he'll tape her favorite TV show because he knows which one it is and when it's on. He could tell you how she's feeling about her boss, and exactly how to get to her office from the elevator. He knows that religion is important to her but that deep down she has doubts. She knows that he fears being too much like his father and considers himself a “free spirit.” They know each other's goals in life, each other's worries, each other's

hopes.” (p.48)

What Gary Chapman added to the Love Maps are some essential pieces in his book **The Five Love Languages, How to Express Heartfelt Commitment to Your Mate** (1992, 1995) and gives us an insight beyond what has previously been explored.

We each feel loved in a particular language of love but if your mate does not know this language, then you may not feel loved regardless of whether or not your partner loves you. . And if neither of you know the others' language, most likely your marriage or relationship will not last. This part of the love map is crucial.

Think about what you complain about in your relationship: “He is not a toucher,” “She is frigid,” “He never helps out around the house,” “He never brings me flowers or gifts no matter how much I tell him what I would like,” “She is always so busy with this or that that we don't discuss the important decisions, she leaves it up to me and then complains,” “I just don't feel close to him any longer – we used to talk,” “She doesn't understand me, she just doesn't listen when I talk to her,” and so on. What you complain about or what your mate complains about is a huge hint as to what your love language is.

The five languages, i.e. the five basic ways that we feel loved when someone talks to us in that language are:

1. Love Language #1: Words of Affirmation
2. Love Language #2: Quality Time

3. Love Language #3: Receiving Gifts
4. Love Language #4: Acts of Service
5. Love Language #5: Physical Touch

There are primary and secondary love languages and it is important to find out both. It is important to know what you need to feel loved and to be able to communicate that to your mate. It is just as important to know what your mate needs to feel loved. If I want my mate to help around the house, to go to the grocery store for me, to help me fold the clothes and when he does, I feel loved then my primary love language is Acts of Service. It would, then, be natural for me to do things for my mate – fix his favorite dinner, keep the house clean and his clothes washed. But if my mate wants to sit and cuddle when he comes home from work and have a leisurely dinner and perhaps make love and I am busy doing things for him, he will feel unloved. If he brings me gifts and kisses me on the back of the neck when he comes home from work and doesn't pitch in with all the work I have to do, I don't care about the gifts or the kisses. In fact, I may be annoyed and overwhelmed with all the work I have to do. He on the other hand will feel unappreciated and rejected. Why can't we figure all this out? It seems so simple!!!

Or is it? I have asked numerous people what they think their own love language is – and almost everyone says that all five are important. One woman said, "Well, I know me – call me materialistic if you want, but I feel special when I get gifts – the rest is OK but I like things." She was the exception.

Coleman suggests that what your partner complains about may be what he/she needs from his/her partner. I ask, "When do you feel the closest to your partner?" Often times, couples relate to when they were first dating: "We used to like to be together and it didn't matter what we did" (quality time) or "We used to talk for hours" (words of affirmation or quality time) or "We couldn't keep our hands off each other, now we barely touch" (physical touch) or "He comes home from work and just sits in front of the TV – he doesn't do a thing around the house. I work too" (acts of service.)

What I also found was that when we don't get what we need to feel loved, it is very difficult to give what our partner needs – if we even know what it is.

When I work with couples, I ask them to visualize each one of the languages – receiving that from a partner. I ask for an indicator muscle and go through all the languages. Only one man had no indicator and upon exploring it, he said, "I don't expect anything from anyone and actually don't know how to feel loved." He was an exception. His wife hung her head and said, "That is why we are here – I can't seem to please him and I don't feel he cares about pleasing me." Individually Bob told me that his wife Mary did not love him any longer. This is their story:

Bob and Mary worked together for 25 years. She was his assistant and they were together 24/7. He had

many things for her to take care of to make the business work, and they both enjoyed talking about their business at home. He often told her how much he appreciated her. Their love life was active and satisfying for them both. Then circumstances in their business changed and Mary retired from being his assistant. She pursued her own hobbies and Bob continued to run the business. Bob became gruff with Mary, their sex life was reduced to almost nothing and Mary felt more and more unloved. They rarely talked. When we all talked about how each felt loved, it became clear that Bob felt loved by acts of service – and the role that Mary played in their business made Bob feel very loved by her. Mary on the other hand enjoyed the physical touch they had during the day and night and his compliments always made her day. All that had stopped when she stopped working for him. Bob resented her hobbies because he felt her interests were outside his life. They would eat out every night and had a cleaning lady so she couldn't think of a thing to do for him and he couldn't think of anything she could do either. He didn't feel close to her so touching her or

complimenting her seemed phony to him. When Mary would ask him to help her with something, he would complain and say, "What do you ever do for me?" They both considered divorce.

Bob and Mary are now back on track. We worked on what other acts of service would work for Bob and came up with her calling him more, taking over their bill paying (which Bob had always done before), fixing him coffee in the morning (which was a huge sacrifice in that she usually slept in). In return he practiced complimenting her on the way she dressed, how much he appreciated her for taking over some of the things always felt he had to do, "as the man in the family" and they scheduled time to be together, sitting next to each other, talking again, holding hands when they went out to dinner, sitting next to each other instead of across from one another, and making love. It wasn't easy at first but once it became clear how to love each other in each other's love language, it seemed easier and easier.

Sometimes a partner is so surprised when the language is so clear. "You mean all I have to do is tell you how much I appreciate you? I thought you knew" (words of affirmation.) Another was so surprised that all the work she was doing around the house meant nothing in comparison to her just sitting with him when he watched his sports – she could read or write letters but he loved having her close by (quality time – for him.)

1. Think about the five languages and muscle test after each statement

“I love to have people tell me nice things”

“I love to have people I care about touch me”

“I love to spend time with people I love”

“I love to have gifts given to me.”

“I enjoy having someone do something I need done.”

2. If any one of the above is not a strong muscle, check for reversals.

3. Now repeat the statement and muscle test after each statement, but preface it with,

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“**I feel loved** when my partner tells me nice things.” Or “**I feel loved** when my partner compliments me or assures me that our relationship is really special.”

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“**I feel loved** when my partner touches me.”

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“**I feel loved** when my partner wants to spend time with me.”

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“**I feel loved** when my partner brings be a gift.”

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“**I feel loved** when my partner does things for me, helps me get things done.”

4. Think of your partner and go through the statements in #1 and #3. You may or may not know what his/her love language is. Interestingly, if you are not getting your language responded to, you may have a block to his/hers. If, for example, physical touch is your partner’s language and the thought of him/her touching you or trying to

make love to you is not acceptable – use the Gary Craig basic protocol for accepting his/her language of love: “Even though I cannot accept (or give) my partner’s language of love, I deeply and completely love, respect and accept myself.” Tap the basic protocol, use the gamut, tap and see if speaking his/her language is more palatable. I have found the EFT faster than the ESR, which also works.

I believe that the more we can talk our and our partner’s language of love, the more love will be available in the universe for all of us to enjoy – and I also believe there will less unhappy marriages and many fewer divorces.

## References

1. Chapman, Gary, **Five Languages of Love, How to Express Heartfelt Commitment to Your Mate** (1992, 1995) Northfield Publishing, Chicago
2. Love, Patricia and Stosny, Steven, **How to Improve Your Marriage Without Talking About It, Finding Love Beyond Words** (2007) Broadway Books
3. Gottman, John, **Seven Principles For Making Marriage Work** (1999) Three Rivers Press, New York
4. Gottman, p. 48

**About the Author:**

Alice Thie Vieira, Ph.D. is a practicing Clinical Psychologist in Newport Beach. She combines her psychodynamic approach in her psychotherapy with Specialized Kinesiology techniques such as Touch For Health, EduK, PKP, EMDR and EFT. She is the author of **Belief Systems and Your Personal Power**, *Why Self-Help Books Don't Work* (1995) and **The China Cup Approach to Successful Relationships, 10 Rules For Keeping Your Relationship Precious** (2003 and 2<sup>nd</sup> edition 2007). Her 3<sup>rd</sup> book, **Horrible Mothers, Breach of a Sacred Trust** will be published in the fall, 2008.