



RELATIONSHIP  
WELLNESS



*The Daily*  
**L.O.V.E. Method!**

DESIREE SPIERINGS

‘Just because *you*  
love your partner  
does not mean *they*  
feel loved by you.’

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## The Daily L.O.V.E. Method!

Love is NOT all you need for your relationship to be a happy one. Loving someone is often seen as just a feeling. We feel the emotion of love for someone. That emotion or feeling of love alone will not make your partner feel loved.

*Remember, "Just because you love your partner  
does not mean they feel loved by you."  
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Loving someone is an act. We need to show our partner we love them for them to feel loved by us and for a relationship to THRIVE.

Short-term relationships are often based on just that emotion, the rush of new love. It is where you pick a flower, and when the feeling or excitement of new love wears off, when the flower dies, you chuck out that flower and pick another one. Whereas with long-term love, we do not pick a flower; we choose one and grow it, water it, feed it so that it can blossom, season after season, year after year. We feed it, love it, not because of the emotion of love we feel, but we feed it and give it love, regardless of or despite the emotion of love. Even if, at that moment, we don't love or like our partner as much, we do not feed it less; we feed it more. So, the flower can blossom again, and the feelings of love can return.

Especially when life gets hectic, it is harder to keep showing our partner love daily. We can start to take our relationship for granted, meaning it starts to run on autopilot.

The DAILY L.O.V.E. METHOD is a means to feed your relationship and a tool to remember to make each other feel heard, seen, and, most of all, LOVED every day!

Even when life gets busy, this method is a reminder tool to increase your acts of loving someone daily.

Implementing this method to your relationship daily will enhance joy, closeness, understanding, and most of all, these feelings of LOVE.

If you are interested in improving your relationship and learning more about the LOVE SKILLS FOR LIFE needed for a happy relationship, check out our courses: [www.relationshipwellness.com](http://www.relationshipwellness.com)

L.O.V.E. stands for:

L. isten

O. bserve

V. oice

E. xpress & E. xperience

## Listen

### **LISTEN DAILY - 10 minutes**

Listen intently to your partner for at least 5-10 minutes daily. Ask them about their day, how they are doing, or feeling.

#### **STEP 1: ZONE IN CONSCIOUSLY.**

- Consciously move towards them by going to be with them. So, for example, sit next to them on the couch. Make them a cup of tea and ask them to join you.
- Use a touchpoint. For example: put your hand on your partner's leg, or hold their hand.
- Have eye contact.
- Get rid of all distractions. No electronics in sight!

#### **STEP 2: LISTEN WITH CURIOSITY**

*Remember, "Do NOT listen to reply but listen to understand."  
Desiree Spierings*

It is all about understanding your partner better. Seeing and understanding why they see things the way they do. Adopt a healthy dose of curiosity and asking questions can help to understand your partner's perception even more:

- **Ask questions** about their day with interest and curiosity.  
How are you? How are you feeling? What did you do today?
- **Ask follow-up questions.** Why is that the case? Can you tell me a bit more about it? I like to understand that even better. Can you please explain? What did you think about...? What is your opinion on...?

### STEP 3: ACTIVE LISTENING/MIRRORING

To truly hear your partner, apply the Mirroring Technique. Mirroring is where you repeat back what they are saying in your own words, express understanding, and try to imagine what they are feeling. You then check in if you have that right.

- 1) **REPEAT:** I hear you say...
- 2) **UNDERSTANDING:** I understand where this might come from because...
- 3) **FEEL WHAT THEY FEEL:** I imagine this makes you feel...

## Observe - look for the good!

### **Switch the Setting**

Switching the setting is all about seeing and noting what your partner does WELL and what you love about them. We all have an environmental scanner in our head where we look and judge what is around us. We also examine and judge what our partner does. When our relationship is struggling, we often have the setting on our environmental scanner on negative rather than positive, which means we see and notice everything our partner does wrong. It is about switching this setting to the positive and seeing and noticing what is remarkable about them, what they do well, and what you love about them.

### **Switch the Tape**

The problem with having our environmental scanner on negative for too long is that eventually, we start to have a negative tape running in our head about our partner. This tape is on repeat, and when we think or talk about our partner, we do so negatively. It is then also about switching this tape from negative to positive. So, when you think or talk about your partner negatively, catch yourself doing it, stop it, and switch this up by finding something positive to think or talk about when it comes to them.

When you see the good and the love they give you, make sure you mention it too! Compliments go a long way. See the next point.

## Voice

'Voice' is all about using loving speech. Make sure your partner knows you love them by voicing it daily. It could be complimenting and thanking them for what they do for you or expressing your feelings for them.

However, this is also about giving more of yourself to them. Intimacy is about being vulnerable. It is about showing them who you are. Intimacy means; into-me-you-see! Remember, your partner cannot read your mind. For them to see into you, you need to be open and show them. For them to know what you like, desire, want, need, and long for, you need to TELL them.

*Remember, "Always use LOVING Speech;  
Your partner is your lover, not your enemy."  
Desiree Spierings*



## Express (Daily) & Experience (Weekly)

*Remember, "Love without joy is no love!"  
Desiree Spierings*

You want to experience the goodness and the joys of life together. So, this is all about expressing your love through experience.

### **Express Daily:**

**Each morning ask yourself:** 'What lovely extra thing can I give my partner today so they feel loved by me?'

Think about how you could express love to your partner that day. It could be by giving them that extended passionate kiss, a firm hug, bringing home some flowers, leaving a note on their desk, or cooking their favorite meal.

### **Experience Weekly:**

Experiencing is about ensuring we have a joyful experience together at least once a week. Research shows that doing new and novel things together regularly helps to keep the spark alive and to stay connected throughout a lifetime of togetherness.

Think about how you could do at least one new experience together weekly. It is about doing things together you have not done before. We are creatures of habit and often go to the same restaurant, order the same meal, and walk the dog around the block the same way. It is now about spicing things up by doing new and novel things.

### **For example:**

- Taking a different path to walk the dog
- Having a picnic on the beach together
- Going bike riding in a new park
- Explore a national park
- Trying out another restaurant
- Visiting new places
- Doing new activities, like rock climbing, canoeing, sky diving, art classes, tango dancing

**Disclaimer**

If you or your partner need additional support, please contact your local health care professional.

This program is not for those in physically, emotionally, or sexually abusive relationships. If you are in an abusive relationship, get out (when it is safe to do so) and stay out. It can help to talk to a health care professional about leaving your relationship safely.

Please note that sex and intimacy (also in committed relationships) should be fully consented to by both partners. If sex is not a clear yes, it is a clear no.



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