

# What Makes You Feel Loved Conversation

The “What-Makes-You-Feel-Loved” conversation is all about deepening your connection and helping each other feel cared for, special, and satisfied.

## Structure

Sit facing each other and ask your partner:

**“Honey, what makes you feel cared for?”**

Or “Babe, what makes you feel loved?”

(You can use her/his name or any nickname you use with each other.)

Then listen quietly, openly and curiously.

Let your partner tell you about **one thing** that does that for them.

When they’re done, ask them a deepening question:

**“Why?”**

**“What is it about that thing that makes you feel loved?”**

**“What does it mean for you?”**

And again - listen quietly, with an open heart and curious mind.

**Then switch. Let your partner ask you** “What makes you feel cared for?” and then “Why does that make you feel cared for?”

Do this **5 times each**.

You might know some of the answers, but it would still be a good reminder. You might also learn something about your partner and perhaps even about yourself with the deepening questions.

## What to Avoid

The aim of this conversation is to deepen connection.

Some distressed couples use this conversation to criticize each other and show each other how they are not good enough. Please avoid that.

**Criticism is not effective in creating positive change. It brings up shame, guilt, and defensiveness and breaks the interpersonal bridge.** Not what we are after...

To create positive change and deepen your connection, giving positive feedback is a much more effective way than criticism. Talking about yourself in “I statements” and telling your partner what makes you feel cared for has a much bigger chance of actually having that happen to you, rather than telling your partner what they are not doing right.

## Important

After you ask your partner, be sure to **give them time to think.**

Avoid getting defensive or arguing with them.

**Sit quietly, with a curious look in your eyes, and a smile on your lips.**

Give them the feeling you want to know them better, because you want them to feel loved.

## Research

Egbert, Nichole & Polk, Denise. (2006). Speaking the Language of Relational Maintenance: A Validity Test of Chapman's (1992) Five Love Languages.

Communication Research Reports. 23. 19-26. 10.1080/17464090500535822.

[https://www.researchgate.net/publication/233241159\\_Speaking\\_the\\_Language\\_of\\_Relational\\_Maintenance\\_A\\_Validity\\_Test\\_of\\_Chapman's\\_1992\\_Five\\_Love\\_Languages](https://www.researchgate.net/publication/233241159_Speaking_the_Language_of_Relational_Maintenance_A_Validity_Test_of_Chapman's_1992_Five_Love_Languages)

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## Find Your Love Language Quiz

In order to discover your Love Language, go to Dr. Chapman's website and fill up a quick quiz: <http://www.5lovelanguages.com/>

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