



How Do You Know You're Loved?

*"We are all born for love. It is the principle
of existence and its only end."*

BENJAMIN DISRAELI

We have strategies for everything we do. Although these strategies are formed and executed completely out of our awareness, it is possible to become consciously aware of them. All of our daily activity is created and maintained by strategies. Every external behavior is controlled by an internal strategy. We have strategies for eating, driving, getting out of bed, wanting sex, having sex, learning, buying, arguing, laughing, making decisions, having fun, parenting, playing sports, communicating, and feeling and expressing love. It is our Deep Love strategy that we will discuss here.

We first develop a particular strategy at a very young age. At first you may have experimented with how you received love and attention, for example. When you discovered a strategy that made you feel good, you began to use it over and over again. For instance, when you were learning to crawl your parents may have applauded and given you all kinds of love and attention when you crawled five feet. However, the next time you crawled five feet they may have simply looked at you as if to say, "Is that all you've

got?” As a result, you determined that you always have to do more in order to receive love and attention. All of this is done subconsciously and out of your awareness.

We have all created strategies for receiving love and attention. Some people constantly joke around in order to get attention. Some become helpers and want to help everyone with everything. In this way they receive attention by being thanked or acknowledged for helping. Others may complain about everything in order to get attention. Still others are always creating some drama around them that brings attention to them. What is your strategy for receiving attention?

DEEP LOVE STRATEGY

When it comes to feeling and expressing love, we each have our own strategies as well. When this strategy is fulfilled we feel loved in any relationship. If our Deep Love strategy is not fulfilled we will eventually think that our partner does not love us. We all have our own strategies and we tend to only utilize our personal strategies to show our partners how much we love them. We do this because we are not consciously aware of our Deep Love strategy. But my love strategy may not be the same as yours. So if I use my strategy to show you how much I love you, you may not feel loved because your strategy is different and, therefore, unfulfilled.

Our own strategies are familiar and comfortable for us so we inevitably use them more. It is here that problems may arise. We believe that if our partner really loves us they will display that love a “certain way.” That ‘certain way’ is usually the way we express our love for another person.

Each of us has a different point of view from which we observe the world. It is human nature to believe that everyone else sees the world the way we do. But they don’t. Every person on this planet has a point of view that is as unique as they are. Just as no two people are the same, no two perspectives are the same either. So, let’s discover your Deep Love strategy.

ELICITING DEEP LOVE

Can you remember a time when you felt totally loved? Remember a specific time. As you go back to that time now, looking through your own eyes, see what you saw, hear what you heard, and feel the feelings of being totally loved. Now, in order for you to know you’re totally loved, is it more important for you to:

a. Be taken places, bought things or looked at in a certain way?

OR

b. That you hear a certain tone of voice or certain words?

OR

c. Be touched in a certain way or a certain place?

If you're thinking you need all three, you're right. Most people prefer a combination of two or three of them. However, there is one that you absolutely cannot live without. The other two are icing on the cake, but the one that is most important is crucial for you to know you are totally loved and, without it, you will not feel loved. The question is, which one is most important for you?

If you still need help, ask yourself if it's all right for you to be taken places, bought things, or looked at in a certain way but not hear certain words or that tone of voice or to not be touched in a certain way or a certain place. Do this process of elimination with all three until you have discovered which is most important for you to know you're totally loved.

The next step is to get more specific. For instance, if being touched is how you feel loved, how specifically do you need to be touched? Is it a hug and is that hug strong, soft, quick, or lasting? Is it the touch of his hand on yours? How specifically? Does he need to graze your hand or grab and hold it? If you really feel loved when you hear a tone of voice or certain words, then what is the specific tone of voice? What are the exact words you need to hear? Finally, if you need to be looked at in a certain way, then exactly what way is that? Get specific and determine exactly what you need in order to feel completely loved.

LOVING YOU

Now that you've discovered your Deep Love strategy you can use it to create a better relationship. The first thing you need to do is ask your partner the same three questions. By knowing your partner's Deep Love strategy you allow him or her to feel totally loved. Why is it necessary to know your Deep Love strategy as well as your partner's?

To answer this question let's look at an example. When I am in a relationship I prefer to be hugged and that let's me know that I am totally loved. Because this is how I know that I am loved, I will hug my partner to let her know I love her. If her Deep Love strategy is the same as mine everything will be fine. However, if her Deep Love strategy is hearing me say, "I love you" she will not feel totally loved by me if all I do is hug her.

Eventually, she may say, "You don't love me" to which I would respond, "What do you mean I don't love you? I can't keep my hands off you!" "Yeah," she might say, "but you never tell me you love me." Because her Deep Love strategy is hearing the words 'I love you' and my strategy is being hugged we might both feel unloved in the relationship. She keeps telling me she loves me but doesn't hug me. I keep hugging her but never tell her I love her. By knowing what each other needs to fulfill our Deep Love strategies we can express our love and feel totally loved at the same time. Now, whenever I hug my partner I always tell her I love her.

Discovering your partner's Deep Love strategy is crucial for the both of you. When we begin dating someone new everything is wonderful and love is in the air because we fire off all three of the strategies simultaneously. After a couple of months, though, we tend to fall back on the strategy that is more familiar to us, which is our own Deep Love strategy. By discovering your partner's Deep Love strategy you give her the gift of knowing she is totally loved.

Deep Love Strategy

Do you remember a time when you felt completely loved? Remember a specific time (Even if you felt completely loved for only a moment). As you go back to that time now, see what you saw, hear what you heard, and feel the feelings of being totally loved.

1. In order for you to feel totally loved is it most important for you to:
 - a. Be taken places, bought things, or looked at in a certain way?
 - b. Hear that special tone of voice or those certain words?
 - c. Be touched in a certain way or a certain place?

How specifically do you need to be touched? Where exactly do you need to be taken? What words do you need to hear me say and in what tone of voice? Remember to get specific so you can give it to your partner just the way he likes it.

Use the strategy to let your loved one to feel completely loved. You'll know when you have it just right because they will not be able to hide their reaction.

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