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Thoughts About Love
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M. Scott Peck, MD, *The Road Less Traveled*

“Love is the willingness to extend ourselves for our own or another’s spiritual growth.”

“Commitment is inherent in any genuinely loving relationship. Couples cannot resolve...issues of marriage without the security of knowing that the act of struggling with these issues will not destroy the relationship.”

Real love involves real work: being honest; really listening and paying attention; taking the risk of giving of self, the risk of rejection or conflict or loss; the risk of commitment; being disciplined-focusing-there is only so much time and energy to love.

Genuine love not only respects, but cultivates the other’s individuality.

Dr. David Schnarch,
Passionate Marriage

Know your feelings, but don’t over-identify with your feelings. Let the best in you do your thinking and talking.

Don’t worry about it: It’s normal that a couple “gets out of sync” with each other. It’s natural, normal and healthy to be on different wavelengths from time to time.

Stop trying to change your partner. Stop focusing on what your partner is/isn’t doing; focus on yourself.

Maintain a sense of perspective on yourself and the relationship, about your anxieties, limitations and shortcomings, (so they don’t drive or immobilize you).

Dr. Gary Chapman,
Five Love Languages

If you tell your spouse “I love you” in a language that the spouse does not understand, the spouse will feel neglected or unloved...then distance, hurt feelings and frustration occur.

Dr. Chapman has identified 5 basic languages of love (that can communicate love in a way that can be heard):

- 1. Words of Affirmation (“Thank you”, “You’re wonderful”)**
- 2. Quality Time (Undivided attention)**
- 3. Give a Gift (“He/She was thinking of me.”)**
- 4. Acts of Service (doing things for your loved one)**
- 5. Physical Touch (hugs, kisses, hold hands, intimacy).**