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abcd37. AW-G-TT Communicating with Yourself

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The Signs of Needs and Getting the Right Attitude

If you are looking for a long term relationship with some other person, one of your problems will be identifying what your needs are such that you can search for a companion who can meet those needs.

An earlier article explained the importance of kindness in relationship. Now we turn to languages of external expression that people use. Some weird people like to call this love. These people are most usually the female of our species but, it is undeniable that the males of our species also exhibit signs of needs.

When feelings that a person might have, become intense toward another person, then these feelings are displayed in a code language that requires deciphering. AW-G-TT explains five languages that other authors have claimed identify languages of love. It behoves a person to determine what language they use most often and then determine what language their partner uses.

The distillation of AW-G-TT is that some people display various acts of love in various ways. The A stands for things a person does for their partner 'acts' so to speak. The G stands for gifts a person gives to their partner. The T stands for types of touching of their partner and the second T stands for quality time with their partner. A person, either a man or woman, may very well have needs much greater in one of these categories than another. These four categories are all things that are done to or for another person and so we group them as acts and call these people who display these acts as actors in the languages of love.

Yet other people give words of affirmation to show their feelings. These words are represented by that W in our acronym AW-G-TT.

A problem may arise if the 'acting' person meets the 'wording' person. The acting person may expect acts back in return, but instead get words. Words of affirmation for sure, however, these words are of another foreign language and are thus, misunderstood and hence the problem of incompatibility arises and this problem needs to be solved? The way to solve the problem is via communication with yourself. If you expect to change your partner then you're barking up the wrong tree.

Are you a 'worder' or an 'actor'? If you are an actor and you meet a worder and decide to commingle for sex, but then lapse into insanity and remained together for a period of time, then you may remain together throughout the period of blind dummification called love. While in this dummification period, things will be just great, but then, as inevitably happens, the drudgery of life consumes the love and what is left is the basic foundation of what was there in the first place, when this couple started on their momentous journey of copulation. Can the couple overcome their differences? Will the couple have maturity, commonsense and communication with themselves to solve their problems?

Happiness and emotional pain are both found in relationships. Avoiding relationships does not appear to offer a reasonable alternative to the stresses of life. Happiness is easiest to find in relationships. Happiness can be said to be meaningless without other people to share it. Is it possible to find happiness bereft of relationships? If you accept that humans are gregarious then the answer to the above question is no.

Contentment, on the other hand, is quite different. That may very well be found in solitary confinement. Happiness and emotional pain invariably stem from relationships. We delve into these relationships sometimes like ancient Mariner's striking off into oblivion not knowing where we're going, but knowing we're going somewhere and sometimes ending up going nowhere.

Attitude plays a large role in one's contentment and also in the second stage of love. The first stage of love, the dummification stage, will come and go in about a two-year span. After that time the real work begins. With the proper attitude the second stage of love can be prolonged and enriched. With the wrong attitude that second stage of love will die an agonizing death and leave the two people separated and alone in despair and dejection, subject to the will of slimy predatory lawyers out for a good meal.

The book *The Five Love Languages for Singles* will help you identify what type of language is important to you and also help you identify how you might behave to enrich your partner's enjoyment of your relationship. Some questions we might throw at you now follow. These items are all representative of some problems that you might be having in your relationship. You may not have confronted the exact same question but you may have met up with something close to it.

1. "I do all this stuff for you, why don't you do this simple thing for me?" This person needs services delivered to them. If you are prudent and caring, then you will heed the warning and begin delivering.
2. "I slaved in front of the stove all day for you and you didn't even say thank you." This person needs words. Complacency has set in. You may very well be taking your partner for granted. Hop to it and learn the words of love or banishment awaits you. Tell them "Thank you" often and make it sincere. Tell them "That was very nice of you." Most often it WAS very nice of them so break down and say so because that is what they need.
3. "You never bring me flowers." This person needs gifts. It can be simple things or big things just make sure it is not a thing that you want for yourself. People are smart, especially

women, oh boy they can see through many gifts so make sure it is really a gift for them not something for the house that will help them work better.

4. “We don’t do anything fun together anymore.” This person needs quality time. Boredom may be setting in. Strike new ground with some hobby or activity that you can do together. This symptom will fester and grow into a pustulating agony if you fail to heed the warning. Keep in mind that kindness is your ally.
5. “You never tell me I look good anymore.” This person needs words. Maybe your mate does not look good anymore but for goodness sakes do not ever say that. Remember that some words once said cannot be taken back no matter what. Just recognise that this person needs words of support and comfort. Search for those words and memorize a whole slew of them. You may have to find words of support that do not revolve around looks. They will work just as well.
6. “You don’t touch me anymore unless we are having sex.” This person needs touching. This person needs comfort, validation and substantiation. Give it with non-sexual touching that is often repeated. There is nothing wrong with needing comfort and validation through touching. Recognising that your partner has this need is important. Giving it even if you don’t have the same need is easy and painless. Training yourself to do it may require some effort though so start the drill today.
7. “You never initiate sex.” This person needs excitement. Of course, this may be a symptom of deeper problems that may revolve around both parties and need some counselling help, but the obvious solution is to begin the initiation process a little more often. This problem may be a complaint of the male and it may mean that the woman will have to step outside her comfort zone for the sake of her relationship. So start stepping and keep stepping until a happy medium is found.
8. “I don’t know what to do?” This person doesn’t know what to do. If the man is saying it then he wants a solution, but if the woman is saying it she does NOT want a solution. Try figuring that one out and good luck. There are counsellors who know all about this one.
9. “You talk much.” This person needs some peace and quiet, some downtime by themselves. Maybe you really do talk too much. Ah, what might the solution be????
10. “I need to get out of here.” This person needs to be alone for a bit. This may very well be a coping skill and a valuable one at that. Do not take it as an insult or as a failure to communicate. It is a coping skill, take it for just that.

What if you cannot recognise how to behave? Ah, then you should pick one of the problems that you can identify and then begin a drill for yourself. You must have at least one problem. Even the perfect movie stars have problems we hear. Train yourself to repeatedly offer what your partner needs until it becomes an unconscious behaviour on your part. Buy some books and start

a 'readin'. If you are at terminal velocity in your relationship then get professional help. As everyone knows, you cannot stay at terminal velocity for very long. The cost of help is most always worth it as you will learn new coping skills and new behaviours to enrich your life beyond your present imagination.

Attitude, decisions and chance, they all play a role in making you whole, comfortable, happy and content. Start helping yourself with the right attitude and some good decisions and chance will smile on you as you drift off into the billowing clouds of blissful relationship heaven.

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