

## **“HOW LOVING ARE YOU?”**

BY: TIMOTHY GREEN

Today is Valentine’s Day. A day that is set aside to focus on love. A day filled with flowers, candy, cards and gifts. A day to honor that special someone in your life. Everybody needs somebody. I’m glad I’ve got mine and I hope you have yours, but it’s not enough just to get someone, the real work is keeping someone. A lot of people say “I Do” and then “Don’t.” It takes doing the same things after you get married, that you were willing to do before you got married. You still need to be kind, thoughtful, generous and loving. Are you? How loving are you? Somebody says, “I don’t feel like being loving.” Love is not just a feeling, it’s a choice. You choose to be loving, regardless of how you feel. You just might be surprised to find out that when you make the choice, the feelings show up on their own.

I’m reminded of a couple I read about years ago. A wife went to see a marriage counselor, full of hatred toward her husband. Her words were, “I not only want to divorce my husband, I want to hurt him. I want to get even. I want to cause him as much pain as I possibly can.”

The counselor suggested an ingenious plan. “Go home and act as if you really love him. Tell him how much he means to you. Praise him for every decent trait. Go out of your way to be kind, considerate and as generous as possible. Put forth every effort to please and to enjoy him. Make him believe that you really love him. After you’ve convinced him of your undying love and that you can’t live without him, then drop the bomb. Tell him you hate him and that you’re leaving him forever.”

With revenge in her eyes, she smiled and exclaimed, “Beautiful, beautiful. Will he evermore be surprised.”

She went home and begin to do exactly as the counselor had suggested and she did it with enthusiasm. Acting “as if”. For the next two months she showed love, kindness, listening, giving, reinforcing and sharing.

After a couple of months, the counselor called her to find out why she hadn’t left yet. “Leave him?” she exclaimed. “No way. I discovered that I really do love him.”

The point is this. Her actions had changed her feelings. Motion resulted in emotion. The ability to love is established, not so much by words, but by deeds.

Try it, it works.