

## I GENUINELY EXPRESS MY FEELINGS TO MY PARTNER

I know it is important to my partner that I share how I am feeling. A relationship is more intimate and special when two people each know how the other one feels. I am so lucky to have this relationship and I do everything I can to preserve it.

Showing and telling my real feelings to my partner is integral to building and maintaining a love relationship. However, I realize that my honest expression is part of what makes the relationship so close and special, so I strive for openness.

Sometimes it feels difficult for me to talk about what is on my mind or in my heart. But I cherish my relationship, so I work on this. I understand that I have a responsibility to meet this requirement of a close, caring relationship.

In order to genuinely express my feelings to my partner, I have to be able to clearly identify my emotions, whether they are pleasant or painful. Whatever the feeling, I talk about it with as much clarity as I can.

I have a responsibility to my partner to honestly express my emotions. For us to have a healthy relationship, my partner needs to know my hopes, fears, and other important thoughts, ideas, and emotions.

Today, I plan to renew my efforts to be open and honest with my partner about how I feel. My relationship is paramount in my life. I intend to express my feelings with the love of my life to enhance our relationship and increase the intimacy we share.

## REFLECTION QUESTIONS

**1**

How can I improve my ability to identify and express my emotions to my partner?

**2**

What are the benefits of sharing my hopes, fears, and emotions with my partner?

**3**

How does genuine emotional expression enhance the intimacy of my relationship?