

Questions From “No More Fighting” Real Love Report, Part 2

Questions by John Williams, LMHC

Note: This description of Real Love suggests that our deepest and most universal “addiction” is the unthinking and almost irresistible pursuit of Imitation Love, of which porn and sex addiction is only one aspect. These questions then may require quite a bit of thought.

Feel Loved (Remember That You’re Loved)

“Feeling unconditionally loved really is like having twenty million emotional dollars. With Real Love nothing else matters; without it nothing else is enough. Sometimes, however, we do have a few million in the bank but simply forget we have it when confronted by a particularly stressful situation, like when our spouses are vigorously attacking us. On those occasions, we have what we need, but we temporarily lose access to it.

“If we make a conscious decision to remember that there are people who genuinely love us, we can often gain immediate access to our millions, lose our emptiness and fear, and thereby lose our need to use anger as a Getting and Protecting Behavior. It is not possible to feel loved and angry at the same time.

“Of course, this step is only effective if we’ve previously found people to unconditionally love us. This subject requires extensive explanation and examples and will be addressed in additional educational materials described at the end of this report.”

1. *Can you relate to this? Why or why not?*

Get Loved

“Sometimes you may take the three steps above, but you still won’t have enough Real Love in the bank to handle a situation with your spouse. On those occasions, you’ll need to beef up your supply of love.

“Allow me to give you an example right here of finding Real Love... Late one evening, as Richard angrily confronted Linda about something she’d done, she began to feel increasingly irritated.... She made a decision to practice being loving rather than insist on being right.

“First, she resolved not to express her anger verbally at Richard, although she recognized that she was probably showing it in many non-verbal ways. Second,

she realized that no matter what Richard was saying, no matter how unkindly he was behaving, her anger was selfish, unloving, and wrong.

“Third, she remembered the many occasions where she had felt unconditionally accepted and loved by friends as she had told the truth about HER OWN mistakes, flaws, and fears.

2. *Have you experienced this, that you can feel unconditionally loved when you reveal “unlovable” things to family and friends and they accept and respect you anyway?*

“Despite all those efforts, however, she was still irritated, so she took the fourth step. She said, “Richard, I have to make a phone call right now, but I’ll be back in just a few minutes. Is that all right?” Then she went into the next room and called her friend, Elise. “Sometimes I just want to scream,” she said. “He can be so demanding and critical— about everything.” “When Richard gets angry at you like that, what is he really telling you?

“Why do people use Getting and Protecting Behaviors?”

“Because they’re empty and afraid?”

“Sure, and why would Richard be empty and afraid?”

Linda sighed and smiled. “Because he doesn’t feel loved.”

“So when he’s angry, he’s not only telling you he doesn’t care about you. He’s telling you he needs to be loved himself. And then how do you respond to that need?”

Chuckling now, Linda said, “I get angry at him, which only makes him feel worse. Then he protects himself by getting even more angry. It doesn’t make much sense, does it?”

“No, it’s kind of crazy, really,” said Elise.

“So how can I love him if I don’t feel loved myself.”

“Do you feel less angry at him right now?”

“I don’t feel angry at all.”

“That’s because you’re getting the love you need. I’m not doing anything fancy here. I’m just accepting you and caring about you while you’re being angry and unloving, and you can feel that. Nice feeling, isn’t it?”

When Linda went back to her conversation with Richard, she was carrying with her the love she had received from Elise, and with that love, she was able to listen to Richard and respond to him in a loving way.

3. *What did you think of this example of handling a difficult situation with a spouse and responding differently?*