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## **Love and Respect with Your Mate**

By Craig Miller

Relationships last with each giving and receiving love and respect. Women want to be special and feel worth fighting for, like a knight in shining armor that will take you away and protect you. Every man in a relationship is looking for something to accomplish and feel proud about, like John Wayne or Tom Cruise who fought for their women and triumphed over evil. It's easier to be in love with someone that wants you and cherishes you. Most relationships start out with each person treating the other like a king and queen. However, over time, your battles turn into something else such as your job, the children, and financial pressures. Each battle you fight robs your energy and attention away from fighting for your relationship.

To all you men, the damsel in your life still wants you to fight for her. She is still dreaming about you fighting for her love and making the relationship a priority in your life. If you show her the love she wants, she will in turn show you the respect you want. To all you women, the knight in your life still believes he is fighting a life's battles. He needs to feel that you still appreciate his fighting for whatever he is trying to accomplish. When you respect the good that he has done, you will get the love you want. Plain and simple, when the man does not show love to the women, it's harder for the woman to show respect to the man. When the man does think he is respected, it's harder for the man to show love. Here are some suggestions to create love and respect. Take time to listen to your mate when making a decision. Adjust your personal agenda and work responsibility to fit your mate and family. Be mindful and respectful of your mate's thoughts and emotions. Give hugs and kisses on a regular basis without expecting anything in return. If you become hurt inside from something your mate has said or done and you either become afraid to stand up to your mate or you emotionally shut down, consider counseling to find out what makes you react that way.

When you can consider your mate first when making decisions, showing behaviors, and expressing feelings, there will be a lot more room for love and respect. If you or your mate have difficulty showing love and respect, consider purchasing the book, *When Your Mate is Emotionally Unavailable* and contacting the professionals at Masterpeace Counseling, in Tecumseh, (517-423-6889) for individual or couples counseling.

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