

Love Sandwich²³

Read this whole page first; then, before you speak, *write down your thoughts*.

Using the Love Sandwich means we:

1. say something nice and appreciative about our marriage or the situation,
2. say the hard thing - briefly, carefully, and kindly,
3. then wrap up with something kind. Again, say something nice and appreciative about the other person.

We literally sandwich our concerns in between our appreciation. While this might feel as if we're playing a game or trying to work the room, it actually speaks to a basic human emotional response: we respond better to requests when we know we're appreciated and loved.

It's just the way we're wired.

The Love Sandwich is simple imagery to help us remember that when there's trouble or when we have a request, we'll gain much more ground with our partner by sandwiching it in between our honest love and appreciation.

²³ Adapted from Stan Tatkin, M. (2018). *We do: Saying yes to a relationship of depth, true connection, and enduring love*. Sounds True.; Nagler, J. (2018). *Naked marriage: How to have a lifetime of love, sex, joy, and happiness*. Simon & Schuster.