

## **Marriage Recovery - Affection**

Quite simply, affection is the expression of love. It symbolizes security, protection, comfort and approval, vitally important ingredients in any relationship. When one partner is affectionate to the other, the following messages are being sent:

1. You are important to me, and I will care for you and protect you.
2. I'm concerned about the problems you face and the joys you experience and I will be there for you when you need me.

A simple hug can say those things. When we hug our friends and relatives we are demonstrating our care for them. And there are other ways to show our affection: A greeting card or an "I love you" note; a bouquet of flowers; holding hands; walks after dinner; back rubs; foot rubs; phone calls; and conversations with thoughtful and loving expressions. All can communicate affection.

Affection is, for many, the essential cement of a relationship. Without it, many feel totally alienated. With it, they become emotionally bonded. If you feel terrific when your spouse is affectionate, and you feel terrible when there is not enough of it, you have the emotional need for affection.