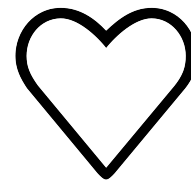


HOW TO LOVE MORE DEEPLY

Dr. Matt Townsend
KSL Studio 5 Interview
January 16, 2018



What is Love?

**Debunk Love Myths: Love at first sight. Love is natural. Love should be easy. It's chemical and emotional. *Reality Check: Deeper love is something you grow into. It's service, sacrifice, sharing, selflessness.*

SHARE MORE OF YOUR SECRETS

Share what makes you most vulnerable, embarrassed, ashamed, insecure. Present or in the past.

SUSPEND YOUR NEED FOR CONTROL

Release your control. Embrace flow. Just relax. Let go of agendas.

SEE THE GOOD IN YOUR SPOUSE

Do you see your partner as growing or fixed? How do you want to see your spouse? Look and collect data with this new lens.

STRENGTHEN YOUR LISTENING

Turn off internal dialogue and your need to control it. We talk too much. Stop, hear and seek to understand the other person's point of view.

STAND UP FOR YOURSELF

Stick up for your standards with kindness. Be strong, yet empathetic and caring.

reflections:

How do I feel about my relationship right now?

How does my spouse/partner feel about our relationship right now?

What are some strengths in our relationship?

What is something we can commit to improve our relationship?

What is something I love about my spouse/partner?

What is something they love about me?

Notes:
