

## ***St. Valentine's Day: What Makes You Feel Special?***

By Jean MacKenzie

As St. Valentine's day approaches many start to consider, "How am I going to make Valentine's special this year?" There are the usual flowers, cards and chocolates and these are great but perhaps this year you could do something a little different to fan the flames of romance in your relationship.

One thing you could do to express your love is find out what makes him or her feel special. In the article *Strengthen Your Marriage: Put A Little Love In Your Heart* I talked about how each of us has different emotional needs. There are many ways to show affection but each person has his or her own preferences. That is, there are certain displays of affection that make him or her feel more special than others.

The problem is each person tends to show affection in the way they like to receive it. Just as you might choose your favourite box of chocolates when buying a gift for a friend you may also show love for your spouse using the means of affection most pleasing to you. If you like hugs and kisses your spouse may get lots of physical affection but if his or her most important need is to have help with chores around the house and you're not doing that then your spouse may feel neglected despite your efforts.

A way you could guard against this this Valentine's day is to have your partner join you in writing down at least ten things that would make you feel special this Valentine's day. If your ideal Valentine's day would include a limo, diamonds, and a fancy restaurant you will have to keep in mind your financial situation. Otherwise the sky's the limit. Write down everything your heart desires. Now is your chance to list all the things you think could make this Valentine's day the most romantic ever.

Ladies, if you've always wished your husband would cook and serve you a nice candle light dinner, write it down. Men, maybe you've always wanted to be the one to receive flowers but never got any, here's your chance. Perhaps a homemade Valentine would make your day. Maybe you've always wanted to receive a love letter or a poem. Would you just like to know that your loved one is praying for you and your relationship? Would it thrill you to know all the reasons why your partner loves you? Would it make you happy to relive the fun times you had together? The more ideas you provide the better. Once you've both finished your lists exchange them and see how many things on your spouse's list you can do for them for Valentine's day.

This idea does eliminate some of the element of surprise but has anyone ever tried to surprise you with something you didn't like. Better to receive something enjoyable and expected than to have to feign delight over something disappointing. However, if being surprised and having your spouse come up with something on their own is really important to you than add it to your list.

You don't have to do all the things on the list, just do what is possible within reason. Even if you are only able to accomplish one thing on the list at least you know it will be something your spouse will like.

So, if Valentine's day in the past has been hit or miss try a different strategy this year, ask your partner, “What would make you feel special on Valentine's day?”

### **About Jean**

Jean is a marriage and couples counsellor whose approach in working with couples involves the development of techniques for solving current problems and achieving unending growth in relationships. Jean strives to assist couples of various backgrounds in learning to solve their own challenges because a couple that knows how to problem solve can keep their love—and their marriage—alive forever.

Jean also offers Catholic counselling to couples wishing to incorporate the Catholic faith into the counselling process, helping couples to develop a relationship pleasing to each other and God. Jean has a Master of Arts in Counselling from the Franciscan University of Steubenville and has trained in marriage and family therapy.

So, if you think that your relationship could use a little help-- or even a lot of help,--give Jean a call today and take that important first step in turning your marriage into a “happily ever after” story.

### **Where do you start?**

Look no further.

1. **Go to [www.jeanmackenzie.com](http://www.jeanmackenzie.com) and sign up for my free newsletter “Happily Ever After: A Guide to Healthy Relationships,” filled with helpful tips on how to nurture your relationship.** You will also receive the free report, “10 Tips for Resolving Anger in Your Relationship.”
2. **Call today for a free, no obligation, 20 minute phone consultation.** We will discuss your problems and together decide how I might be able to help you. I look forward to hearing from you.

Jean sees clients in her office in Fredericton, NB and offers telephone and online counselling. She can be reached at:

Phone: 506-461-7279

Email: [jean@jeanmackenzie.com](mailto:jean@jeanmackenzie.com)