

## 3.1 Affection

Affection is the expression of care. It symbolizes security, protection, comfort and approval -- vital ingredients in any relationship. When one spouse is affectionate toward the other, the following messages are sent:

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

A simple hug can say those things. And there are many 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; phone calls; and conversations with thoughtful and loving expressions. All of these can effectively 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.