



# Love



“ Ever since primary school I’ve felt enormous pressure to have a girlfriend. It’s been difficult not to have anyone to talk to about this pressure. It’s also been difficult not knowing how to go about to get a girlfriend. Because of this, I didn’t quite understand how much work it takes to nurture a relationship between two people.

How different two people can be, and how this means that I have to compromise. Them being this brand new person that I have to relate to and take care of, while at the same time taking care of myself. There has been a lot that I’ve had to work on and I’ve hurt quite a few people over the years. Luckily I’ve learned that the more I talk about love and relationships, the better I treat the people I’m in a relationship with. I also feel better myself, because I like being in relationships! ”

– anonymous participant

This story shows you how you can open up and speak from the heart in the following conversation. This topic is about what love is, relationships, communication and how we divide the work within a relationship.

## Warm up statements - answer YES/NO

- I have loved someone
- I have felt loved by a partner
- I think I know a lot about relationships
- I’ve felt inadequate in a relationship
- It’s difficult to share chores and responsibilities equally in a relationship

## Questions

- **How does it feel to be in love?**

*Possible follow-up question:* Do you need a relationship to be satisfied with your life?

- **Are you usually the one who brings up things that need to be talked about in your relationship? For example, if one of you is hurt or unsatisfied with something.**

*Possible follow-up question:* How can you nurture a relationship? Give examples.

- **Have you ever taken your partner for granted?**

*Possible follow-up question:* Have you done things that can harm your relationships, in the past or in the present? Give examples.

- **Have you experienced a break-up? What happened to you then?**

*Possible follow-up question:* Why did it end? Did you understand the reasons back then?

- **Has anybody told you it's hard on them when you don't take care of yourself?**

*Possible follow-up question:* How would you handle your partner feeling down during an extended period of time?

- **Have you ever experienced that you have more power than a partner?**

*Possible follow-up question:* How do you handle a person, who you have a close relationship to, upsetting you?

- **What are some things that seem scary about becoming a parent? If you are a parent, what did you find scary before becoming one?**

*Possible follow-up question:* Are you scared that the relationship with your partner will change if you become parents?

- **What steps do you take to make sure that your relationship is equal? Meaning both the physical and emotional work in a relationship.**

*Possible follow-up question:* Have you ever failed at this? How does that feel?

## Questions for further self-examination

- **How important is it to define the kind of relationship you have with the person you're in love with?**

*Possible follow-up question:* Why do/don't you think it's important?

- **Is it possible to be friends with a person you've had a relationship with? How?**

*Possible follow-up question:* Is it okay for your partner to be friends with their ex?

- **What does a relationship have to be like for you to feel safe in it?**

*Possible follow-up question:* How do you make your partner feel safe?

- **Have you ever become interested in somebody else when you've been in an exclusive relationship? How did you handle that?**

*Possible follow-up question:* Has it led to infidelity? Did you tell your partner?

- **How do you express love (touch, words, presents, sex etc)?**

*Possible follow-up question:* How do you want love to be expressed to you?

