The Question Under Everything

ARE YOU THERE FOR ME?

> *A secure bond keeps answering one question.*
> *A struggling bond keeps asking it.*

Strip the topic off any argument (money, chores, in-laws, phones) and the same bedrock question shows up: Are you there for me? Can I reach you when it counts? Do I come first to anyone? A relationship feels secure not because the two of you never fight, but because this question keeps getting the same felt answer: yes.

The answer gets delivered in three ways, and they are worth learning by heart. Being accessible: I can get through to you. You are not permanently behind a screen, a schedule, or a wall. Being responsive: when I show you something tender, it moves you. My feelings register on your face and in what you do. Being engaged: you seek me out. I am not just tolerated here. I am wanted.

Most partners are more reachable than they look and care more than they show. The distance usually persists not because the yes is missing but because it never gets through. It is buried under logistics, muffled by the cycle, assumed instead of said. The work ahead is not manufacturing love. It is getting the love that already exists across the gap in a form the other person can actually receive.

GET THE YES ACROSS

1. Each of you privately rate, 1 to 10: how reachable does my partner feel? How responsive? How engaged?
2. Share the numbers with curiosity, not as a verdict. They measure felt experience, not love.
3. Each pick your lowest number and make one small, concrete request: “It would reach me if you ___.”
4. This week, do each other's request at least three times.
5. Say it out loud when the yes lands: “That. That reached me.”

WHEN IT’S HARD

Low numbers can sting like a grade. They are not one. A devoted partner can score low simply because their devotion comes through on a frequency the other person was never tuned to. That is fixable. It is exactly what this work fixes.

TO SIT WITH

How does your partner show up for you in ways you may have stopped counting?

If the question under everything got a clear yes tonight, which fight simply wouldn't happen?

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris