Wired for Each Other

WHY NEEDING EACH OTHER IS NORMAL

> *You were never meant to need no one.*
> *Needing someone is how the heart works.*

For a long time our culture told a strange story: that healthy adults shouldn't need anyone too much, that leaning on your partner is weakness, that the goal is two independent people politely sharing a life. Attachment research says otherwise. From birth to old age, human beings are built to bond. We look for one person we can count on, and we want that person to come when we call.

That is not neediness. It is biology doing its job. A secure bond settles the nervous system, steadies the heart, and takes the edge off pain in ways researchers can actually measure. Holding your partner's hand makes pain hurt less. We calm each other down. We are each other's shelter.

So if you have been fighting, aching, or going numb, start here: nothing is wrong with you for wanting to matter this much to each other. The size of your distress tells you the size of the bond. You are not too needy. You are not too much. You are two people in love, and that is worth protecting.

A PLACE TO START

1. On your own, think of one moment, at any age, when someone's presence made you feel safe.
2. Tell each other about it. Where were you, who was there, what changed in your body?
3. Then each of you finish this sentence out loud: "When things are good between us, you are my _____."
4. Notice what it feels like to be called someone's safe place.
5. Agree on this together: our need for each other is not the problem. It is the whole point.

WHEN IT'S HARD

If saying you need someone feels exposing, even embarrassing, there is usually a history behind that. Most of us were taught somewhere to hide it. You don't have to dive in. One honest inch at a time is how this works.

TO SIT WITH

What did the home you grew up in teach you about needing people?

When did you first realize this person had become your safe place? Have you ever told them?

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris