

## FEEL THE JOY OF ANOTHER AS JOY IN YOURSELF

Here are two descriptions of a loving relationship:

To feel the joy of another as joy in oneself, that is loving.  
(*Divine Love and Wisdom* 47)

It is the nature of love to will to share with another, indeed,  
to confer joys upon another whom it loves from the heart,  
and to seek its own joys in return from doing so.  
(*Conjugal Love* 180)

**Task** It is so easy to get caught up in our busy lives and not attend to our friends or our marriage partner. Focus on trying to spend more time being a friend or companion. Notice one thing your friend or marriage partner really likes and allow his or her enjoyment to become *your* enjoyment. Participate in things that your partner enjoys doing. Do special favors that will appeal to him or her.

When partners feel “disconnected” it can be very helpful to focus on activities and uses that *both* enjoy. Sharing delightful times brings people closer. “Delights are what join hearts together” (*Conjugal Love* 272).