

Sharing Special Codes...

There are some messages and feelings that you simply can't express in public. And in times like these, it can really help if you and your spouse have a special language, by way of signals, phrases or code words. This special language will allow you to get your message across without feeling uncomfortable or embarrassed a fact that holds true in all sorts of situations. This secret language or code will also offer a special connection with each other that will strengthen your friendship and your intimacy.

For instance, you and your mate are at a company party, and you're feeling a little frisky. But, you're busy schmoozing with your husband's boss's wife, while he's across the room, discussing annual reports and office politics. While all you want to do is get close enough to whisper in his ear all the things you'd like to do to and with him once you get him home, you quickly realize that doing so is virtually impossible. So much for getting your point across, right?

Wrong!

Many couples have learned from experience that sometimes, conventional communication just isn't enough. So, they've learned to create their own language of love, using code words and gestures that only you can decipher.

If you'd had this secret language at the company party, it would have been easy to tell him that you were "in the mood" without crossing the room, or maybe even without words at all. Instead, you could use a simple signal, like playing with your necklace, letting your hair down or saying something totally unrelated (and loud enough for him to hear) like, "Ow! I hurt my elbow," to let him know that you mean business. While he may blush or get a lusty gleam in his eyes, no one else, aside from the two of you, will be the wiser for it.

Code words and signals work in other scenarios too. If you're at a family gathering or other even and find yourself uncomfortable and ready to go home, you can get the message across without stepping on anyone's toes.

Maybe your code word is "Boston." You can walk up to your husband and say something like, "Aren't you planning a trip to Boston this summer?"

Now, without hurting anyone's feelings, you've let your spouse know that it's time to go, and he can go about making it happen.

You don't have to be a foreign language expert or a military intelligence code breaker to make sense of your language. You'll just need a little time and a lot of creativity for you and your husband to come up with your own special words and gestures. This language is meant only for the two of you, and isn't something the kids should easily be able to figure out. But, in times when you need it, your code language will be a life saver, and all the while it will be working overtime, strengthening your marriage, your friendship and your social life!

Action Plan

Try to come up with some codes or gestures for each of the following phrases:

"I want to go home!" = _____

"I'm in the mood for some love..." = _____

"I'm nervous, get over here!" = _____

"I love you..." = _____

"I'm really uncomfortable. Come bail me out!" = _____

You get the idea...Once you've come up with your secret love language; all that's left to do is remember it!

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

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