

2.1 Expressing Love, Needs, & Managing Expectations:

表达爱、需求与期望管理 / biǎo dá ài, xū qiú yǔ qí wàng guǎn lǐ

A: 最近我觉得我们没有以前那么亲近了。

A: zuì jìn wǒ jué de wǒ men méi yǒu yǐ qián nà me qīn jìn le.

A: Lately, I feel like we're not as connected as before.

B: 什么意思？我以为我们相处得很好啊。

B: shen me yì si? wǒ yǐ wéi wǒ men xiāng chǔ de hěn hǎo a.

B: What do you mean? I thought things (our relationship) were going well.

A: 就是.....有时候我觉得你表达爱的方式跟我期待的不太一样。我有一些情感需求，可是没有被满足，这让我觉得被忽略了。

A: jiù shì..... yǒu shí hòu wǒ jué de nǐ biǎo dá ài de fāng shì gēn wǒ qí dài de bú tài yí yàng. wǒ yǒu yì xiē qíng gǎn xū qiú, kě shì méi yǒu bèi mǎn zú, zhè ràng wǒ jué de bèi hū lüè le.

A: It's just... sometimes I feel like you don't express love the way I need. I have emotional needs that aren't being met, and I start feeling neglected.

B: 可是我一直在表达我爱你啊！我帮你东奔西跑，帮你修东西，把你照顾得好好的。这就是我表达爱的方式：为对方做事情。长大的时候，我家人就是这样表达爱的。

B: kě shì wǒ yì zhí zài biǎo dá wǒ ài nǐ a! wǒ bāng nǐ dōng bēn xī pǎo, bāng nǐ xiū dōng xī, bǎ nǐ zhào gù de hǎo hǎo de. zhè jiù shì wǒ biǎo dá ài de fāng shì: wèi duì fāng zuò shì qíng. zhǎng dà de shí hòu, wǒ jiā rén jiù shì zhè yàng biǎo dá ài de

B: But I show you I love you all the time! I help you with running errands (running around busily), fix things for you, and make sure you're taken care of. That's my love language: acts of service (doing things on behalf of others). It's how my family showed me love growing up.

A: 我真的很感恩啊，可是对我来说，爱不只是行动。有些人喜欢收到礼物，或是全心全意地共度时光，但我更需要的是亲密的肢体接触和肯定的话语。

A: wǒ zhēn de hěn gǎn ēn ā, kě shì duì wǒ lái shuō, ài bù zhǐ shì xíng dòng. yǒu xiē

rén xǐ huān shōu dào lǐ wù, huò shì quán xīn quán yì dì gòng dù shí guāng, dàn wǒ gèng xū yào de shì qīn mì de zhī tī jiē chù hé kěn dìng de huà yǔ.

A: I appreciate that, really. But for me, love isn't about actions alone. While some people appreciate receiving gifts or spending quality time together, for me, I need you to be affectionate (intimate/close) through physical touch and words of affirmation.

B: 哦.....我没想到这对你那么重要。

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B: Oh... I didn't realize that was so important to you.

A: 所以.....也许我们只是表达爱的方式不同。但我不希望我们一直误会对方。我需要你多一点的安慰，就像你需要透过我多帮你做些事感受到支持。我们可以试着各退一步吗？

A: suǒ yǐ..... yě xǔ wǒ men zhǐ shì biǎo dá ài de fāng shì bù tóng. dàn wǒ bù xī wàng wǒ men yì zhí wù huì duì fāng. wǒ xū yào nǐ duō yì diǎn de ān wèi, jiù xiàng nǐ xū yào tòu guò wǒ duō bāng nǐ zuò xiē shì gǎn shòu dào zhī chí. wǒ men kě yǐ shì zhe gè tuì yí bù ma?

A: So... maybe we just have different love languages. But I don't want us to keep misunderstanding each other. I need you to reassure me sometimes, just like you need to feel supported through actions. Maybe we can meet in the middle (compromise)?

B: 懂了懂了。我会试着多说出口，也会多表达我的爱，虽然这对我来说不是那么自然的习惯。我也会试着更用心注意你表达爱的方式，然后不再当作理所当然。但我们也要管理好对彼此的期待，毕竟改变需要时间，不是一蹴可几的。

B: dǒng le dǒng le. wǒ huì shì zhe duō shuō chū kǒu, yě huì duō biǎo dá wǒ de ài, suī rán zhè duì wǒ lái shuō bú shì nà me zì rán de xí guàn. wǒ yě huì shì zhe gèng yòng xīn zhù yì nǐ biǎo dá ài de fāng shì, rán hòu bú zài dāng zuò lǐ suǒ dāng rán. dàn wǒ men yě yào guǎn lǐ hǎo duì bǐ cǐ de qī dài, bì jìng gǎi biàn xū yào shí jiān, bú shì yí cù kě jí de.

B: I get that. I'll try to say how I feel more and be more affectionate, even if it

doesn't come naturally to me. And I'll also try to notice (pay close attention) when you're expressing love, so I don't take it for granted. But let's also manage our expectations—it's going to take time (it's not going to happen overnight) for both of us to get better at this.