



**'Why don't I feel loved, even though I know my spouse cares?'"**

**5 Key Benefits to Finding  
the “Essence of Love in  
Marriage”**

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**Marriage isn't always easy, and sometimes we find ourselves feeling unloved or disconnected, even when we know deep down that love is there. But here's the thing – love doesn't just happen. It takes work, it takes understanding, and sometimes, we just need a little guidance on how to nurture it.**

### **My Story**

**I had no clue how love was supposed to feel. As an 18-year-old wife, my upbringing under the tutelage of a single mother did not prepare me for what love looked like from a man's perspective. When my husband of over 50 years and I stood in front of a Judge committing to be man and wife, soon-to-be mother, I was not sure if I even liked this guy. The first 15 years were filled with feelings of disappointment, insecurity, and unloved, all leading to the edge of divorce. But, a miracle happened, I met a man named Jesus and He showed me what true love looked like and how to show it to receive it. See my hubby was starving for someone to love him, too. We both had to grow and work on building our love muscles.**

**For the next few minutes, I'm going to walk with you step by step, help you unpack what love really looks like in a marriage, and give you some simple but powerful tools to reignite that connection. You deserve to feel deeply loved, seen, and appreciated in your marriage, and we're going to get there together.**

**So, let's have some real talk, dive deep, and make some lasting changes. Ready!"**

### **1. Gain Clarity on Your Emotional Needs**

**One of the most important steps in feeling loved is understanding what love means to you. Every person has unique emotional needs, and often, disconnection arises when these needs go unmet—even unintentionally. When you gain clarity on your emotional needs, you'll be able to identify why you may not feel loved and how your spouse's expressions of care might differ from what you need most. When you articulate your needs, you create an opportunity for deeper understanding and connection, setting the stage for a more fulfilling relationship. Sometimes the conversation doesn't start until after hours and can go into the early hours of the next day. Just make sure it is a Friday. (smile).**



## **2. Improve Communication in Your Marriage**

**Love often gets lost in translation when couples struggle to communicate effectively. It's not just about talking—it's about understanding and being understood. When you learn to express your emotional needs and love language, you bridge the gap between what you need and what your spouse offers. This creates a deeper sense of connection and alignment. With better communication, you'll find that misunderstandings lessen, and intimacy grows as both you and your spouse feel heard, valued, and appreciated. Here is an anecdote I adopted when we have "intense fellowship" as opposed to arguing, sometimes "I prefer to have peace over being right".**

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## **3. Enhance Emotional Intimacy**

**Emotional intimacy is the heart of a thriving marriage. It's about more than just love—it's about feeling safe to be vulnerable, knowing that your partner sees and cherishes the real you. By exploring different dimensions of love, such as empathy, compassion, and gratitude, you can strengthen your emotional bond. This kind of intimacy fosters warmth, trust, and a deeper connection, transforming your marriage into a haven where both you and your spouse can grow and thrive together. Endear him to you by telling him something in your past that has never been said.**

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## **4. Practical Tools for Expressing Love**

**Knowing how to show love in ways that resonate with your spouse is a game-changer. With simple, actionable tools and strategies, you can create meaningful moments that reinforce your love daily. From small gestures like heartfelt notes or intentional quality time to more profound acts of care, these practical tools empower you to express your love in ways that make your spouse feel truly cherished. Implementing these ideas can lead to immediate positive changes, making your relationship more vibrant and connected. Have you ever written "I love you" in soap on his mirror? Or placed a note over the sun visor in his car that says: "You looked great today?" Be quirky!**

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## **!5. Strengthen Your Marriage for the Long Term**

**I discovered marriage isn't just about the good times; it's about building a foundation that can withstand life's challenges.**

**When you find the essence of love in your marriage, you're not just improving your relationship for today—you're creating a legacy of love that will sustain you for years to come. By nurturing emotional intimacy, communicating effectively, and meeting each other's needs, you lay the groundwork for a marriage that is resilient, joyful, and deeply connected through every season of life. Remember the fun things you used to do?**

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### **Conclusion: Your Journey to Love Starts Here**

**Finding the essence of love in marriage isn't about perfection; it's about intention. When you take the time to understand your needs, improve communication, and cultivate intimacy, you open the door to a relationship that feels fulfilling and life-giving.**

**You deserve a marriage where love isn't just a word but a lived experience. Let this be the first step on your journey to rediscovering the deep, enduring connection you've always desired. Are you ready to take that step?**

**This is your opportunity to transform your marriage into the loving, fulfilling partnership you've always wanted. Together, we'll create a step-by-step plan that works for you, helping you move from frustration and doubt to joy and connection.**

**✉ Connect with me for a discovery call at [www.coachsheilafaye.com](http://www.coachsheilafaye.com) to start your journey today. Your breakthrough is just one step away!**

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