

WHEN WE FEEL CARING FROM OTHERS:

We feel the possibility of caring from another when we perceive them caring for their own inner needs and feelings.

We feel caring from another when they offer to share their inner feelings with us.

We feel caring from another when they are looking for those same inner feelings in us that they are aware of in themSelves.

We feel caring from another—the most meaningful time for us—when we share our inner feelings and we find the same inner qualities in each other.

We feel caring from another, even in the face of the other's judgments about us, when the other has shared their inner feelings with us and we are aware of how they feel about them Selves.

We feel caring from the other person when they express that they understand their inner needs, and they feel free to modify their behavior according to their new understanding of the needs of themSelves and others

From page 93, "What's Behind Your Belly Button: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct" by Martha Char Love and Robert W Sterling