

THE LOVE ME, LIKE ME LIST
USATAA/ITAA conference. 2007.
Stephen B. Karpman, M.D.

Do you have an important partner in your life? How does the relative presence or absence of the following Six Partner Gifts play a part in this relationship? Think of improving these six to better yourself and your relationships. These six could be used as wedding vows. You can also use previous relationships for examples.

Will you?:
LOVE ME
LIKE ME
HELP ME
HEAR ME
HOLD ME
HAVE ME

The Love Me and Like Me gifts can exist separately. You can Love someone but not Like him or her that much (their faults, arguments, mannerisms, appearance). You can Like someone but not Love him or her that much (a winning personality or likable character can be a best friend with shared experiences, but with lessening chemistry). Either way you two can stay together because most basic human hungers are satisfied (1).

The Help Me partner will always be there for you in important times of need, share tasks, run errands for you, give time and money, advocate for you; a great helpmate.

The Hear Me partner is a great listener and adviser for you that you can talk to and lean on often for emotional and intellectual support, satisfying a recognition hunger.

The Hold Me partner offers you physical strokes, hugs, and sex for satisfying the contact, sex, and stimulus hunger.

The Have Me partner offers reassuring commitments and confidence that you can trust in the permanence and stability of the relationship. This can satisfy structure hunger. All these gifts have a relative importance and reliability, changeable over time, and can grow with shared discussions. They satisfy the six hungers Berne (1) describes).

Guided fantasy. 1) Think to yourself of past or present examples between you and a partner. Include both partners' viewpoints. 2) Now try comparing the relationship between your parents (and you may guess wrong). Rate the six gifts 1 – 6.

Workshop exercise. Gather in groups of threes and present a current or recent relationship, considering how you see yourself, and if your partner would agree. Then discuss how you see your partner and whether s/he would agree. You may invent a relationship to use if you declare it so, scoring what you would want, expect, and settle for. Then turn it around and rate yourself 1 – 6 for what you offer best and least. This can also be done as two-chair Gestalt work, advising your future partner what to expect.

Another Best Relationship checklist is in my Five Trust Contracts For Couples article on my website www.KarpmanDramaTriangle.com. Another one included is the Generosity Scale.

1. Reference to Eric Berne's Six Hungers: Contact, Recognition, Incidence, Sex, Stimulus, and Structure. (C.R.I.S.S.S). Berne, E (1970) *Sex in Human Loving*. New York, Simon and Schuster. 207-212

Copyright © 1970 - 2007 by Stephen B. Karpman, M.D. All rights reserved. Downloads free. Feedback welcome. www.KarpmanDramaTriangle.com. Select: Email Contact.