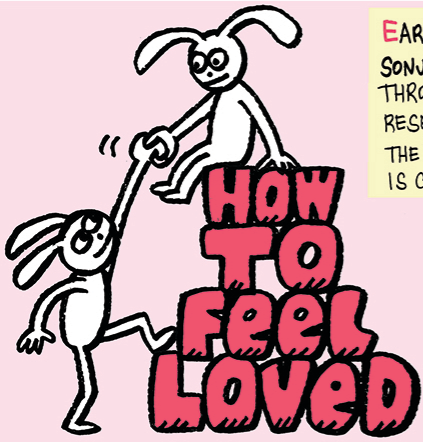


EARLIER THIS YEAR, UCR PSYCHOLOGY PROFESSOR AND HAPPINESS EXPERT SONJA LYUBOMIRSKY RELEASED HER THIRD BOOK, "HOW TO FEEL LOVED." THROUGHOUT ITS PAGES, LYUBOMIRSKY & CO-AUTHOR HARRY REIS EXPLORE RESEARCH AND TESTIMONIALS THAT SUPPORT THE BOOK'S PREMISE: THE WAY OUR RELATIONSHIPS MAKE US FEEL IS CRUCIAL TO OUR WELL-BEING.

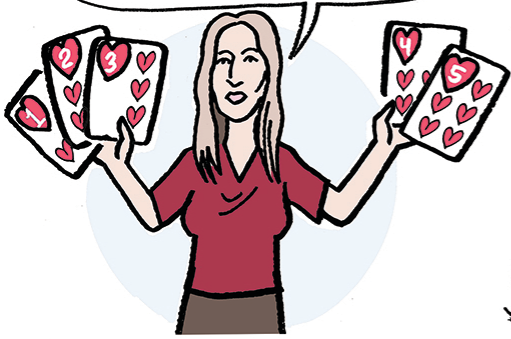
FEELING LOVED AND FEELING CONNECTED IS REALLY THE KEY TO HAPPINESS.



THE FIRST STEP IN HELPING YOURSELF TO FEEL MORE LOVED IS, COUNTERINTUITIVELY, TO TRY TO MAKE THE OTHER PERSON FEEL MORE LOVED.

TO THAT END, LYUBOMIRSKY & REIS OFFER FIVE MINDSETS INTEGRAL TO FORGING MEANINGFUL CONNECTIONS IN ANY KIND OF RELATIONSHIP.

THE MINDSETS ARE FIVE DIFFERENT PERSPECTIVES THAT WE ENCOURAGE PEOPLE TO EMBRACE AS THEY APPROACH THEIR NEXT CONVERSATION WITH THEIR ROMANTIC PARTNER, OR THEIR NEIGHBOR, OR THEIR MOM, OR THEIR COLLEAGUE.



WITH THEIR **SHARING** MINDSET, LYUBOMIRSKY & REIS ADVOCATE FOR SHEDDING THE SANITIZED IMAGE ONE PRESENTS FOR PUBLIC CONSUMPTION IN FAVOR OF SOMETHING BOTH TRUER AND MORE VULNERABLE.





"WE WANT TO MAKE A GOOD IMPRESSION... THE PROBLEM IS, WHILE I MIGHT SUCCEED IN IMPRESSING YOU, I'M NOT GOING TO FORGE A CONNECTION WITH YOU. TO FEEL LOVED, YOU HAVE TO BE KNOWN."

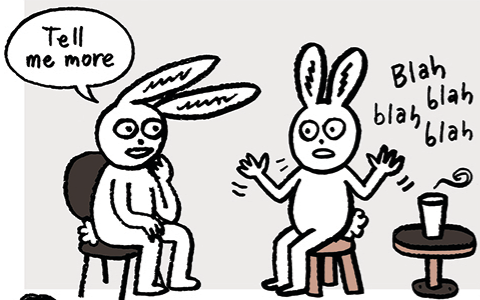
RELATEDLY, THE **MULTIPLICITY** MINDSET PUSHES BACK ON THE NOTION THAT THERE IS BUT A SINGLE FIXED VERSION OF ANY INDIVIDUAL IN THE FIRST PLACE.





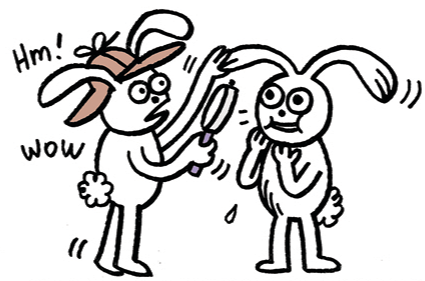
"WE ARE LIKE A QUILT OF BOTH POSITIVE AND NEGATIVE QUALITIES... ONE BAD ACTION DOESN'T DEFINE US."

THE **LISTENING TO LEARN** AND **RADICAL CURIOSITY** MINDSETS EMPHASIZE HOW INITIATING GENUINE, PROBING INTEREST CAN SPARK AN "UPWARD SPIRAL" OF POSITIVE EXPERIENCES IN A RELATIONSHIP.



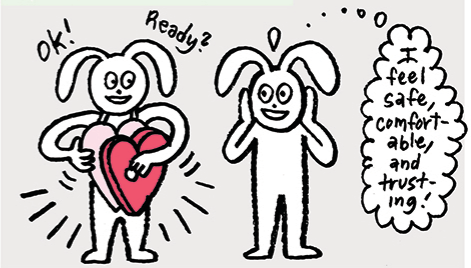


"MOST OF US ARE NOT VERY GOOD LISTENERS. ... WE'RE DISTRACTED, OR WE'RE MOSTLY REHEARSING WHAT WE WANT TO SAY, HOW I'M GOING TO RESPOND TO YOU."



BUT THE BETTER WE LISTEN, THE MORE IT INSPIRES PEOPLE TO KEEP SHARING.

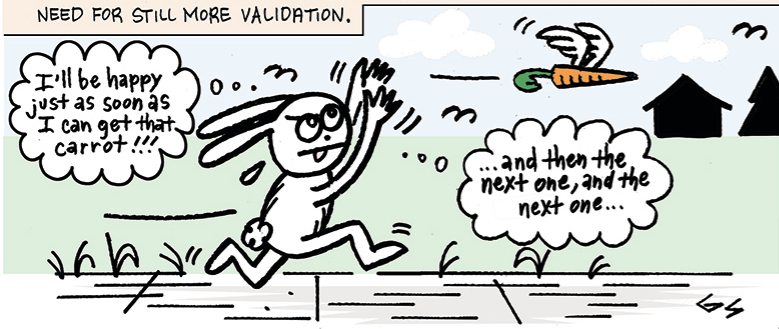
LASTLY, WITHOUT THE COMPASSION AND CONCERN OF AN **OPEN-HEART** MINDSET, NONE OF THESE TOOLS ARE LIKELY TO MAKE ANYONE TRULY FEEL LOVED, ACCORDING TO THE AUTHORS.





"ONE OF THE MOST POWERFUL THINGS YOU CAN DO TO IMPROVE YOUR OWN HAPPINESS IS TO SHOW AN OPEN HEART TOWARDS OTHER PEOPLE."

THOUGH WESTERN CULTURAL NARRATIVES SUGGEST WE CAN FEEL MORE LOVED BY ACHIEVING "EXTRINSIC GOALS" LIKE WEALTH, STATUS, AND BEAUTY, LYUBOMIRSKY & REIS NOTE THAT EXTERNAL VALIDATION GIVES ONLY FLEETING PLEASURE AT BEST AND A NEED FOR STILL MORE VALIDATION.



INSTEAD, THEY CITE EVIDENCE SHOWING THE OPPOSITE IS TRUE: WE WANT TO BE LOVED FOR WHO WE ARE, NOT WHAT WE HAVE ACQUIRED OR ACCOMPLISHED.

ULTIMATELY, IN LYUBOMIRSKY'S VIEW, "A RELATIONSHIP REALLY IS A SERIES OF CONVERSATIONS."



IT'S BETTER TO CHANGE THE CONVERSATION IN A WAY THAT ALLOWS FOR A LOVING CONVERSATION TO HAPPEN, RATHER THAN WAITING FOR THE OTHER PERSON TO DO SOMETHING.

♥ TAKE A DEEPER DIVE INTO THE 5 MINDSETS & MUCH MORE IN "**HOW TO FEEL LOVED**," OUT NOW.



*QUOTES FROM SONJA LYUBOMIRSKY USED IN THIS COMIC ARE FROM THE FOLLOWING SOURCES: UCR NEWS, GREATER GOOD MAGAZINE, THE BEING WELL PODCAST, THE MODERN WISDOM PODCAST, AND THE HAPPINESS LAB PODCAST.