

Small Acts, Big Love

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The Wall Street Journal:

Chris Kline doesn't like to tell his wife of 17 years, Tara, that he loves her. He prefers to show her—by loading her favorite songs on her phone and warming up her car on cold mornings. While she was away on business recently, he surprised her by painting her home office in her favorite colors, Mardi Gras purple and gold.

“Saying ‘I love you’ is just words,” says Mr. Kline, a 42-year-old engineer from Shoemakersville, Pa. “I like to do things that require effort, planning and a little bit of sacrifice. It shows you are putting the other person first.”

Researchers call this “compassionate love”—recognizing a partner's needs and concerns and putting them ahead of your own. “It's not just making people feel good,” says Harry T. Reis, a University of Rochester professor of psychology. “It's a way of communicating to the other person that you understand what they are all about and that you appreciate and care for them.”

Read the whole story: [The Wall Street Journal](#)