



# Marriage Rules<sup>©</sup>

## “JACK AND JILL”

By: Larry B. Gelman, Psy. D.

Jack: “I love you.”

Jill: “So what.”

Jack: “I said, I love you.”

Jill: “Big deal.”

Jack: “Doesn’t it mean anything to you to know how I feel towards you?”

Jill: “No.”

Jack: “Why?”

Jill: “Why not?”

Jack: “I don’t understand.....”

Jill: “You never do.”

Jack: “I always do.”

Jill: “Always you! It’s always you. You and how you feel!”

Jack: “But my feelings are important...”

Jill: “To you! But how about my feelings?”

Jack: “What about your feelings.....?”

Jill: “That’s just the point. You never ask about my feelings. All you ever talk about are your feelings.”

Jack: “Okay. Let’s talk about your feelings. How do you feel?”

Jill: “Why should I tell you?”

Jack: “Because it seems to be important to you....”

Jill: “Important to me, but not to you, right?”

Jack: “Well, ah...to me, too.”

Jill: “How come?”

Continued...

Jack: “Because I love you!”

Jill: “Why do you love me?”

Jack: “Because I just do.”

Jill: “What do you love about me?”

Jack: “Everything.”

Jill: “What’s everything?”

Jack: “You know...everything!”

Jill: “Everything to me means nothing! You can’t even tell me what about me you love. You don’t even know me. You don’t even care. How can you say you love me when you don’t *show* me? You don’t *show* me, Jack!”

Jack: “But I always *tell* you....”

Jill: “Words. No action. Just words.”

Jack: “I just don’t understand you. Women! They’re all the same. Never make sense. Aha! You’re just like all the rest of them.”

Jill: “You say you love me and then you talk about you. *Your* day. *Your* feelings. *Your* thoughts. *Your* plans. *Your* concerns. You!

Jack: “But...”

Jill: “Never ask me what *I* think. What *I* feel. What *my* day was like.

Jack: “But...”

Jill: “Never listen to *my* fears. *My* concerns. *My* needs.”

Jack: “But...”

Jill: “*I* need...”

Jack: “*You* need? What about *my* needs? I’m a man! I go out into the jungle every day. I need some relief from... and it’s already been three weeks since we last....”

Jill: “Aha! You’re just like all the rest of them. Is that all you think about? No concern at all about me? Just about not getting any... for the last three weeks? That makes me a ....”

Jack: “I need warmth and affection...”

Jill: “So do I.”

Continued...

Jack: “I want you to want me...”

Jill: “So do I.”

Jack: “I don’t know what to do...”

Jill: “You *never* know what to do!”

Jack: “Well, *tell* me! What do you want from me? I give you everything, don’t I? A nice home, a nice car, clothes, money? The only thing I don’t give you is....”

Jill: “Is **YOU**, Jack. You never give me you! Your undivided attention. Your shoulder to lean on. Your affection without making me feel guilty about...”

Jack: “Look. I feel bad, too. I need you and I want you. I guess maybe I do get caught up in my life a bit too much and take you for granted. Maybe I’m too selfish. But some things have to change...”

Jill: “You mean *me*, right? *I’ve* got to change.”

Jack: “No. We’ve *both* got to change. Reshuffle our priorities. Please come here.”

Jill: “Why?”

Jack: “You’re important to me and I love you and want to *show* you.”

Jill: “The kids are in the....”

Jack: “I just want to *show* you that I love you.”

Jill: “I love you, too, Jack.”

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