



MUTUAL CONFIDING

By Father Gabriel Calvo

Mutual confiding is the human key for the intense, profound and loving communication between Husband and Wife.

It is the unconditional commitment, on the part of both of you, to give yourselves totally to each other, that is, to be completely open in giving and receiving each other's thoughts, feelings, desires, attitudes, sorrows, joys, fears, hopes, dreams, events, as well as all the little things of everyday life. This confiding is done not necessarily because your spouse is trustworthy or has earned your trust, but because you desire to have an intimate union. This attitude must be mutual.

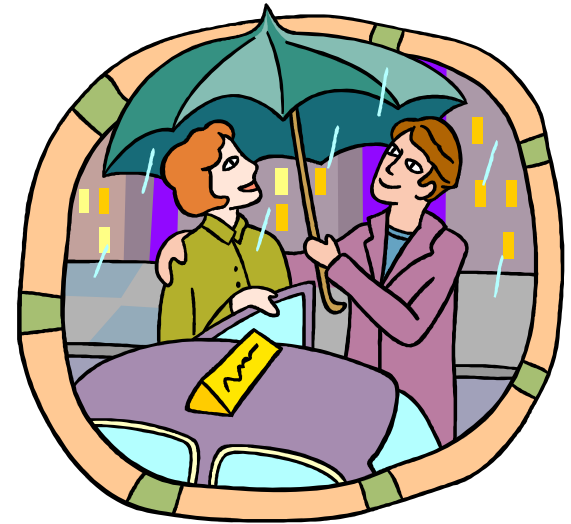
What is mutual confiding all about?

- A mutual opening of one's life and one's intimacy.
- An ability to share with each other the whole self: mind, will, and Spirit.
- Faith and hope in the spouse.
- A firm attitude and personal decision to share all progressively.
- A progressive and dynamic communication despite all kinds of difficulties: internal as well as external.
- A permanent disposition to share all the time with the spouse.
- A habit to communicate with each other the everyday little things.
- A mutual honesty to relate with each other

- without masks, lies or ambiguities.
- A reciprocal giving and receiving without reservations or selfish calculations.
- A mutual simplicity and transparency of treatment.
- A deep conviction that, apart from professional or confessional secrets, everything belongs to marriage intimacy.
- The mature fruit of daily communication between husband and wife.
- A covenant and commitment between Husband, Wife and God.

How to develop Mutual Confidence

- Not in one day, one weekend or one month, but day-by-day.
- Not by demanding it, but by inspiring it in each other.
- By communicating everyday unimportant things.
- By sharing one's personal life experiences.
- By planning and doing things together.
- By listening to each other not just with the ears but with the heart.
- By celebrating something together.
- By traveling together.
- By writing Love Letters to each other.
- By praying together and listening and sharing the Word of God.
- By having confidence with oneself and with God.



What do you find difficult to share with your spouse? WHY?

The following are answers of some of my married friends:

HE: "I have difficulty sharing with her my weaknesses and failures because I am afraid she is not going to accept me as I am."

SHE: "I hide my fears and insecurities about the future. I am not sure he is going to understand my weak points."

HE: "Sometimes I am embarrassed by her seeing me pray."

SHE: "My spiritual life has always been a very private part of me and it's difficult to share!"