

**LET'S TALK ABOUT  
LOVE**

**#GLOBALGUYTALK**

**CONVERSATION GUIDE**

A COOPERATION BETWEEN:

MAKE  
EQUAL

**Si.** Swedish  
Institute

# HOW TO USE THIS GUIDE

This guide contains several questions on the topic of love that you can choose from when hosting a **#globalguytalk**. They have been divided into different categories: decide which questions you will answer and in which order. Choose questions based on what is most suitable for the target group and the local context.

## INTRODUCTION

*"Sometimes, I can feel very lonely. Don't get me wrong, I love being single and being able to focus on myself. But I've never been in love, not for real anyway. I think. That makes me kind of sad. I do want someone to care for who will care for me. I sometimes envy people who have that. Every time I've met someone, there have been things that scared me. That made me run away and not go all in. I don't really know why. I've never really talked about it before, but I've often wondered if others feel the same way."*

This story shows you how you can open up and speak from the heart when joining the #globalguytalk. The topics in this guide are: **love, relationships, communication** and how we share the work within a relationship.

## **WARM-UP STATEMENTS – ANSWER YES OR NO**

- I have loved someone.
- I have felt loved by a partner.
- I think I know a lot about relationships.
- I've felt inadequate in a relationship.
- It's difficult to share chores and responsibilities equally in a relationship.

# QUESTIONS, LEVEL 1

- **How does it feel to be in love?**  
Possible follow-up question: Do you need a relationship to be satisfied with your life?
- **Have you ever taken your partner for granted?** Possible follow-up question: Have you done things that may harm your relationships, in the past or present? Give examples.
- **What are some things that seem scary about becoming a parent?**  
If you are a parent, what did you find scary before becoming one?  
Possible follow-up question: Are you scared that the relationship with your partner will change if you become parents?
- **What steps do you take to make sure that your relationship is equal?** This includes who does what, and who takes emotional responsibility. Possible follow-up questions: Have you ever failed at this? How did that feel?

# QUESTIONS, LEVEL 2

- Are you usually the one who brings up things that need to be discussed in your relationship? For example, if one of you is hurt or unsatisfied with something. Possible follow-up question: How can you nurture a relationship? Give examples.
- What do you need in order to feel safe in a relationship? Possible follow-up question: How do you make your partner feel safe?
- Have you ever experienced that you have more power than a partner? Possible follow-up question: How do you handle being upset by a person with whom you have a close relationship?
- How important is it to define the kind of relationship you have with the person you're in love with? Possible follow-up question: Why do you think it's important? Why not?

# QUESTIONS, LEVEL 3

- Have you experienced a break-up? What happened to you then? Possible follow-up questions: Why did the relationship end? Did you understand the reasons back then?
- Is it possible to be friends with a person you've had a relationship with? How? Possible follow-up question: Is it okay for your partner to be friends with their ex?
- Have you ever been interested in somebody else while you've been in a monogamous relationship? How did you handle that? Possible follow-up question: Has it led to infidelity? Did you tell your partner?
- How do you express love (touch, words, presents, sex, et cetera)? Possible follow-up question: How do you want someone to express their love to you?