

ROMANCE BUILDERS

This exercise is an opportunity to give your spouse important information about when you feel **cared for and loved**. Withholding that information, or assuming that your spouse intuitively knows it, deprives your spouse of the opportunity to express love to you effectively.

Complete the sentence “*I feel loved and cared about when you . . .*” by listing things that your spouse currently does, used to do, or might someday do to make you feel cared about and loved. It is important to be positive, specific, concrete, and to focus on highly repeatable behavior.

Here are some examples:

I feel loved and cared about when you . . .

give me a kiss.

hug me.

compliment me.

initiate sex.

watch the children so I have a little time to myself.

make my favorite dinner.

make all the arrangements for a special night out.

offer to iron my clothes.

give me a massage.

rub my feet.

give me a little gift.

bring me flowers.

write me a love note.

stay up late, talk and snuggle.

sing love songs.

dress seductively.

tell silly stories.

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