

Gestures of Love and Affection

Number Each Line According to Its Importance to You

1 = Very Important 2 = Important 3 = Nice, but Not Important 4 = Don't Want

	Make eye contact with me
	Smile at me
	Leave me love notes (post it, text messages, cards, etc.)
	Make me coffee, a snack, or a meal for me
	Affirm me / Let me know that you appreciate me
	Speak well of me in front of others
	Compliment me on my efforts, accomplishments, and/or looks (circle)
	Surprise me with something that you know I would like
	Help me when I need it
	Touch base with me throughout the workday
	Ask me about my day
	Share with me how your day went
	Regularly communicate with me when we are apart for an extended period
	Share your inner world with me
	Take walks with me
	Comfort me when I am upset
	Pray with me
	Be kind to me by (write-in):
	Go out on a date / have fun with me
	Attend a social event with me
	Listen to me without giving me advice (unless I ask)
	Tell me you love me
	Be affectionate with me
	Hold my hand / Touch me
	Scratch my back
	Give me a massage
	Hug me
	Cuddle with me
	Kiss me
	Make love to me
	Begin a routine to get in better shape so we can physically enjoy each other more
	Other things we can do together (use the back of the page)
	Other things you can do for me that I would appreciate (use back of page)

INSTRUCTIONS: (a) Each fill-out your own page. Then exchange pages with your spouse. (b) Act only on items marked 1 & 2. Ignore 3s & 4s. Do not tell your spouse when you are doing a selected item. (c) At the end of the day, ask each other which gesture(s) the other did. Can't recall? You need to pay closer attention. Next time, hopefully, you will be more aware. (d) Do this exercise at least: 5 days in week 1, 4 days in week 2, and 3 days in week 3. Hopefully, these gestures of love and affection will be established well enough to continue naturally. Need more ideas, go to AlabamaMarriage.org