

# 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   |
|  | 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 <b>do together</b> (use back of page)                         |
|  | Other things you can <b>do for me</b> that I would appreciate (use back of page)  |

Feel Free to add detail to any line

**Instructions:** Fill-out this page. Then exchange your page with your mate. Each day, engage in an item your spouse marked 1 or 2. Ignore the 3s and 4s. Do not tell your spouse which item you are doing or when. At the end of the day, tell your spouse which item you think s/he engaged in. If you can't identify what your spouse did, it likely means you were not paying close enough attention to your partner's positive gestures. Do this exercise at least once a day until you can each pick out the other's gestures every day for three weeks.