

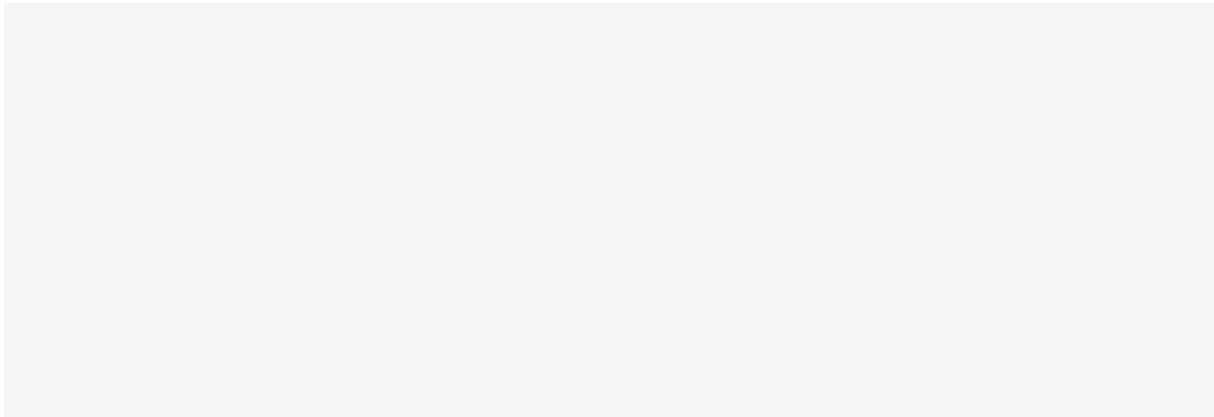
Caring Behaviors List

Do you know what you do in your relationship that has special meaning for your partner? And do you know what they would like you to do?

Set some time aside to think about and answer the following questions while thinking about your partner:

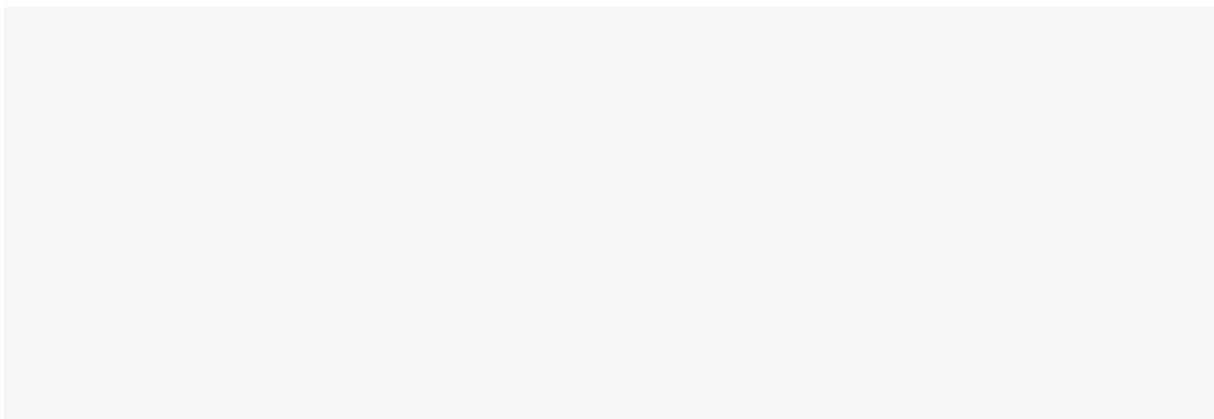
Hit the care button

These are the things you do now that make me feel special and loved:



You don't send me flowers anymore

These are the things you used to do that made me feel special and loved:



Go on, make my day

There are some things that I have always wanted you to do that would make me feel special and loved, but I haven't dared to ask (I'm worried they may be selfish, needy, outrageous, selfish, or kinky):

I'm worried I'll seem...	But I would love to ask you to express how much you love and care for me by ...

Swap the completed form with your partner and discuss, non-judgmentally, how you can make the relationship stronger and meet each other's needs.

Dr. Jeremy Sutton