

Acts of Love

Day One

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

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Day Two

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

Acts of Love

Day Three

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

Acts of Love

Day Four

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

Acts of Love

Day Five

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

Acts of Love

Day Six

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

Acts of Love

Day Seven

What three acts of love did you do?

What was your partner's response?

Describe any changes in your feelings toward your partner while you were performing an act of love.

When you have completed this exercise, set aside some time to evaluate the results of this exercise with your partner. Did you notice if it became easier to act lovingly? Did you feel more loving to your partner? Did your partner react warmly to your acts of love? Did your partner act more loving to you? If you like, you can continue the exercise longer.