

## Happy Relationship Behaviors

1. List what your partner has done in the past or present and what he or she could do in the future that has made or will make you feel loved and cared for. Write each entry in the present tense. For example, if you cooked together in the past, write it in the present tense: We cook together.
2. When you are finished listing your loving and caring behaviors, exchange lists.
3. Reviewing your partner's list, complete it by writing what you intend to do in the following weeks to make your partner feel loved and cared for.

List what your partner has done in the past that made you feel loved and cared for.

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List what your partner does now that makes you feel loved and cared for.

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List what you would like your partner to do in the future that would make you feel loved and cared for.

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