

Caring Behaviour Activity Instructions

1. Write a list of 20-30 items that if your partner did would make you feel loved or cared for. These can be large things (take me on an international holiday) or small things (remember to put your dishes in the dishwasher) but need to be measurable and observable. Your list can include some things your partner already does.
2. Aim to do at least 3 things each day from your partner's list
3. At bedtime or over dinner review your list and tell your spouse "today what I noticed was..." commenting on what you saw your spouse do from your list. Your spouse can then add anything you may have missed. Remember: this is not a competition but a way of growing your fondness and admiration for one another
4. Thank your partner for noticing and then change roles
5. Over time additions can be made by mutual consent