CARING BEHAVIORS

In The Present

The first step in creating a conscious relationship is to access resources that you already have in your relationship. This exercise will help you begin to formulate your "love language."

Complete the following sentence in as many ways as you can by listing behaviors, words and symbols your partner is currently using that makes you feel cared about and loved.

Be specific, concrete, positive and focus on highly repeatable items.

"I feel cared about/loved when you..."	V

CARING BEHAVIORS
In The Past

Now recall the romantic phase of your relationship. Complete the sentence below by listing the ways your partner made you feel cared about and loved *in the past*.

Be specific, concrete, positive and quantitative (state how much, how often).

"I felt cared about/loved when you..."	V

CARING BEHAVIORS

Secret Desires

There are, perhaps, some caring and loving behaviors you have **always wanted but never requested.** They may come from fantasy, experience, or your image of an ideal partner. They are secret desires that have never been communicated to your partner in any form. (They should not refer to your list of frustrations on pages 29-30.)

Describe your secret wishes below **using positive, specific, descriptive and quantifiable language,** (i.e., how much of what you want and when you want it.) Keeping a desire secret means you have some fear of expressing it. List your fear in column A, and your desire in column B.

Note: *It is not necessary to have secret desires. This exercise gives you an opportunity to express them if you do.*

A "I am willing to give up my fear of..."	B "...and ask you to express your care/love by..."	V