

Acts of Loving Kindness*

We are all unique in what causes us to feel loved and cared for. Acts of loving kindness are those simple little things that we do for each other that convey clearly, "I love you". The easiest way to find out what those things are is to make a list for each other.

How to create your list

- Make the list by finishing this sentence: "I feel loved when you..."
- List 5 – 10 simple actions that your spouse can do for you regularly that will make you feel loved and cared for. (examples: Bring me coffee in bed on the weekend; making a special dessert or hold my hand when we are walking together)
- List actions that are guaranteed to cause you to feel loved no matter how many times your spouse repeats it.
- Do at least one per day for your spouse changing them up throughout the week
- Add more to your list over time

