

LOVE, an action

Here are some areas which can be used to define a loving relationship. There is overlap between several and the categories are arbitrary. How many of these are present in your relationship? How do you and your partner define each term?

“COMMUNICATION”

- listening
- acknowledging
- negotiating
- clarity

“TENDERNESS”

- smiles
- hugs
- cuddles
- sharing vulnerabilities (tears, hurts, and losses)

“ENCOURAGING”

- showing excitement
- being happy for the other

“SHARING”

- ideas
- dreams
- feelings
- goals

“HELPFULNESS

- feedback on behavior
- tasks around house

“TRUST”

- honoring your word
- congruency
- honesty
- believe each other
- setting and honoring limits

“THOUGHTFUL ACTIONS”

- planning quality time
- saying “I love you.”
- making/buying little gifts
- planning activities
- complimenting
- behaving w/sentimental values

“CREATIVITY”

- working together on things
- planning time together

“SUPPORTIVENESS”

- physically being there
- doing favors
- listening not fixing

“HONESTY”

- expressing ones needs/wants
- discussions of ideas
- knowing what you want
- willingness to look at oneself
- sharing thoughts honestly

“SHARED ENTHUSIASMS”

- recreation
- goals
- growth

“COMMITMENT”

- doing what you say
- not running away at the first sign of difficulty

“RESPECT”

“RESPONSIBILITY FOR SELF”