I feel loved and cared about when you…	Importance/ Impact 1 (low) - 5 (high)	Partner Reflection*

*To be completed by your partner after you exchange lists. Reflect on both how it felt to provide that caring action and your partner's reaction to it

In the past, I have felt loved and cared about when you…	Importance/ Impact 1 (low) - 5 (high)	Partner Reflection*

*To be completed by your partner after you exchange lists. Reflect on both how it felt to provide that caring action and your partner's reaction to it

I would feel loved and cared about if you…	Importance/ Impact 1 (low) - 5 (high)	Partner Reflection*

*To be completed by your partner after you exchange lists. Reflect on both how it felt to provide that caring action and your partner's reaction to it

Surprises my partner would appreciate (Pay attention to things said as well as non-verbal cues)	Date Given	Partner's Reaction