

## RECEIVING GIFTS

### Partners' Ideas:

- Buy cheap, but buy quantity, to surprise them more often
- Pick up something special when I shop for groceries
- Buy flowers and pick flowers for the house
- Get gift bags and boxes so that even vitamins look like a present 😊

### Ideas from Receiving Gifts group:

- Love letters
- Shoulder rubs
- Picking out clothes
- Practical things I mention I need
- Movies
- Research on topics
- Surprise trips
- Writing journals and pens
- Coffee at Peet's
- Dinners out
- Surprises
- Kitchen items and gadgets

### SOME IDEAS FROM THE BOOK:

- Try a parade of gifts: Leave a box of candy for your spouse in the morning; have flowers delivered in the afternoon, give them a shirt in the evening. When your spouse asks, "What is going on?" you respond: "Just trying to fill your love tank!"
- During a walk, keep your eyes open for a gift of nature. It may be a stone, a stick, or a flower, and attach special meaning to your natural gift. For example, a smooth stone may symbolize your marriage with many of the rough places now

polished. A rose may remind you of the beauty you see in your spouse.

- Make a gift: ceramics, silversmithing, painting, candle, wood carving, etc. A handmade gift often becomes a family heirloom.
- Keep a "Gift Idea Notebook." Every time you hear your spouse say: "I really like that," or "Oh, I would really like to have one of those!" write it down in your notebook. Listen carefully and you will get quite a list. This will serve as a guide when you get ready to select a gift. To start, you may look through a shopping catalog together.
- If you really don't have a clue as to how to select a gift for your spouse, ask a friend or family member who knows your wife or husband well to help you.
- Offer the gift of presence. Say to your spouse: "I want to offer the gift of my presence at any event or on any occasion you would like this month. You tell me when, and I will make every effort to be there." Get ready! Be positive! Who knows, you may enjoy the symphony or the hockey game.
- Give a lasting tribute. Give a substantial gift to your spouse's church or favorite charity in honor of her birthday, your anniversary, or another occasion.
- Give a living gift. Purchase and plant a tree or flowering shrub in honor of your spouse. You may plant it in your own yard, where you can water and nurture it, or in a public park or forest where others can also enjoy it.

## QUALITY TIME

### Partners' Ideas:

- Listen to a vinyl album once a week
- Take a road trip
- Nature walks
- Run errands together
- AM readings and discussion
- Watch the same TV show
- Morning meditation
- Movies
- Watch sunset
- Quality time with the kids
- Book club
- Pet walks
- Cook a meal together

### Ideas from Quality Time group:

- Attend lectures
- Weekend away
- Cultural events
- Nature walks
- Watch like-minded things (for example music documentaries)
- Be together daily
- Gratitudes/Appreciate
- Plays, live events
- Meetings
- Play live music together
- Pet walks
- Clean/Cook/Travel together
- Dance
- Laugh
- Korean spa
- Selfies

### SOME IDEAS FROM THE BOOK:

- Take a walk together through the old neighborhood where one of you grew up. Ask questions about your spouse's childhood. Ask, "What are

the fun memories of your childhood?" Then, "What was most painful about your childhood?"

- Go to the city park and rent bicycles. Ride until you are tired, then sit and watch the ducks or other nature....
- Make a lunch date with your partner. Meet them and drive to the local cemetery. Spread your tablecloth and eat your meal and thank God that you are still alive. Share with each other one thing you would like to do before you die.
- Ask your spouse for a list of five activities that they would enjoy doing with you. Make plans to do one of them each month for the next five months. If money is a problem, space the freebies between the "we can't afford this" events.
- Ask your spouse where they most enjoy sitting when talking with you. The next week, call her one afternoon and say, "I want to make a date with you one evening this week to sit on/in the (name favorite place) and talk. Which night and what time would be best for you?"
- Make time every day to share with each other some of the events of the day. Listen, and be present.
- Camp out by the fireplace (or an orange lamp). Spread your blankets and pillows on the floor. Get your beverage and popcorn. Pretend the TV is broken and talk like you used to when you were dating. Talk till the sun comes up or something else happens. If the floor gets too hard, go back upstairs and go to bed. You won't forget this evening!

## PHYSICAL TOUCH

### Partners' Ideas:

- Massage
- Spooning
- Hand-holding
- Healing touch
- Pat on the butt
- Kissing
- Hug
- French kissing
- Sex
- Showers
- Soothing Touch
- Baths
- Neck massage
- Hot tubs
- Foot massage
- Being naked together
- Oral sex
- Tickling
- Dancing
- Hair pulling
- Bondage
- Spanking
- Hickeys
- Licking
- Sensation
- Toys
- Dress Up (Victoria's Secret)
- Rimming

### Ideas from Physical Touch group:

- Snuggle
- Get naked
- Hold hands
- Strip Poker
- Cuddle
- Victoria's Secret
- Hug
- Lap dance
- Massage
- Pole dancing
- Surprise touch

- Caress
- Look into their eyes
- Ass grab
- Stroke hair
- Boob grab
- Squeeze knee
- Sex, sex, and more sex
- Make the first move
- Make the last move
- Dry humping
- Foot massage
- Try something new
- Hold, pinch ears or with tongue
- Toys
- Spanking
- French kissing
- Kissing
- Dress Attractively
- Shower
- Oral
- Bathe together
- Hot tub

### SOME IDEAS FROM THE BOOK:

- As you walk from the car to the shopping mall, reach out and hold your spouse's hand.
- While eating together, let your knee or foot drift over and touch your spouse.
- If you sit together in church, when the minister calls for prayer reach over and hold your spouse's hand.
- Riding down the road together, reach over and touch your spouse on the leg, stomach, arm, hand...if they enjoy it.
- When family or friends are visiting, touch your spouse in their presence. A hug, or simply placing your hand on her shoulder can say, "Even with all these people in our house, I still see you."
- Be excited to see your mate when they return home...surprise them with a big smile and a hug.

## ACTS OF SERVICE

### Partners' Ideas:

- Go to family events
- Clean out garage
- Give me a massage
- Pack for trips
- Take out to dinner
- Laundry
- Communicating in their language
- Pay bills
- Empty dishwasher
- Sexual favors
- Cook favorite meals
- Clean up my clutter
- Bake
- Plan vacations
- Make shopping lists
- Take out the trash
- Pick up dry cleaning
- Walk on the beach
- Bring in the mail
- Sort the mail!
- Walk dog
- Create abundance
- Fix things
- Go dancing
- Pick up poop
- Shop
- Get greeting cards
- Nice dinner
- Work with her in garden
- Care for animals
- Parenting duties
- Do the taxes
- Warm up bed
- Go to doctor's appointments
- Make smoothies
- Make coffee

### Ideas from Acts of Service group:

- Clean the cat box
- Take out the trash

- Do what you say you're going to do when you say you're going to do it
- Make dinner
- Help me make time to go to meetings
- Clean up after yourself
- Do what I ask without attitude
- Give me alone time
- Renegotiate tasks
- Put down the seat
- Don't wait til I ask
- Ask me how you can help me
- Let me sleep
- Do favors for our children
- Change diapers
- Bring me coffee in bed
- Go to Alanon

### SOME IDEAS FROM THE BOOK:

- Make a list of all the requests your spouse has made of you over the past few weeks. Select one of these each week and do it as an expression of love.
- What one act of service has your spouse nagged about consistently? Why not decide to see the nag as a tag? Your spouse is tagging this as really important to him or her. If you choose to do it as an expression of love, it is worth more than a thousand roses.
- If you have more money than time, hire someone to do the acts of service that you know your spouse would like for you to do, such as the lawn, the housecleaning, the car washing, the laundry. If you take the responsibility for getting it done, you will be speaking love even when you are away.
- Periodically ask your spouse, "If I could do one special act of service this week, what would you request?" If possible, do it and watch your spouse's love tank fill up!
- "Little things" really do mean a lot...

## WORDS OF AFFIRMATION

### Partners' Ideas:

- Notes around the house
- Texts in the middle of the day for no reason
- Words of Acceptance
- Emails at work
- "I love you"
- Words of Appreciation
- Validation of Accomplishments
- "You look great"
- "You are not crazy"
- "People really like you"
- Validating feelings
- "You are right"
- "Thank you"
- "Thank you, Thank you"
- "Thank you, Thank you, Thank you, Thank you!"
- Being happy for them
- Recognizing important breakthroughs
- "I understand"
- "I believe in you"
- Offering encouragement
- Acknowledging their feelings
- "You did a great job"
- "You look young/great/amazing"

### Ideas from Words of Affirmation group:

- Don't pick out my flaws
- Love letters
- "I'm so proud of you"
- Tell others what you love about me without an agenda
- Tell me I look pretty
- "WOW!"
- "I'm happy I'm married to you"
- "Thank you for being my spouse"
- "I know you need this"
- "You're right"
- "I love you just the way you are"
- "You're amazing"

- "You're not nuts"
- "I like you and I love you"
- "Honey, I'm listening to you"
- "I respect what you are doing" (be specific)

### SOME IDEAS FROM THE BOOK:

- To remind yourself that "Words of Affirmation" is your spouse's primary love language, print the following on a 3x5 card and put it on a mirror or other place where you will see it daily: "Words are important!" (x3)
- For one week, keep a written record of all the words of affirmation you give your spouse each day. At the end of the week, review your record.
- Set a goal to give your spouse a different compliment each day for one month.
- As you read, watch TV/movies or listen to radio, look for words of affirmation which people use. Observe people in conversation. Write those affirming statements in a notebook, if you need some ideas.
- Write a love letter, a love paragraph, or a love sentence to your spouse, and give it quietly or with fanfare!
- Compliment your spouse in the presence of his parents or friends. You will get double credit: Your spouse will feel loved and the parents will feel lucky to have such a great son-in-law or daughter-in-law.
- Tell your children how great their mother or father is. Do this behind your spouse's back and in their presence.
- Write a poem describing how you feel about your spouse. If you are not a poet, choose a card that expresses how you feel. Underline special words and add a few of your own at the end.