



Does Your Partner Show You LOVE?

Each partner answer in one column according to the below scale.

____ << Your Initials Here. 0= Never 1= Rarely 2= Sometimes 3=Often 4=Always

- ____ Is your partner honest?
- ____ Are they patient & kind?
- ____ Are they polite & courteous towards you?
- ____ Are they there when you need them?
- ____ Are they trustworthy? / Can you depend upon them? / Are they loyal?
- ____ Do they care about what is best for you?
- ____ Do they comfort you when you are down?
- ____ Do they defend you to others? (in your presence and outside your presence)
- ____ Do they allow you to have a life outside of them? / Do they allow you to have your alone time?
- ____ Do they do thoughtful little things for you daily?
- ____ Do they offer help when you need it?
- ____ Do they give you affection? (not just when wanting sex)
- ____ Do they give you a hug & kiss at least once a day?
- ____ Do they initiate sex? (if applicable)
- ____ Do they complement you?
- ____ Do they ask you how your day went? / Have meaningful conversations with you?
- ____ Do they actively listen to you when you talk to them?
- ____ Do they make you feel safe Physically? ____ Emotionally?
- ____ Do they keep promises?
- ____ Do they know your preferences / 'likes' and 'dislikes'?
- ____ Do they listen to what you have to say about them without being 'defensive'?
- ____ Do they take your feeling into consideration?
- ____ Do they make your life easier?
- ____ Do they make you feel like a top priority?
- ____ Do they remember what you say? / Do they remember special days?
- ____ Do they say "I love you" often?
- ____ Do they show you that they appreciate you?
- ____ Do they speak kindly to you and speak in loving ways? Do they smile at you?
- ____ Do they take your feelings into consideration? <<<
- ____ Do they treat you with kindness?
- ____ Do they want to be around you & spend quality time with you?
- ____ Do they support you in your dreams and goals?
- ____ Do they communicate in a mature adult like manner?
- ____ Do they try to understand your point of view, even if they don't necessarily agree with it?
- ____ Do they look for solutions in conflict rather than zero-sums?
- ____ Do they take accountability and say they are sorry when needed?
- ____ Will let you go if that's what is best for you?