

# Caring in Action



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*Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.*

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**Objective:** Clients will identify different ways they show and express love in their relationship and learn to recognize their partners' different expressions of love.

**Audience:** This tool is applicable with clients at various stages in their relationships. It will help clients be more conscious of how love is expressed in their relationships.

**Estimated time:** 15-30 minutes

**Educator Instructions:** Before reviewing the instructions on the tool, begin with the Discussion Starter below or something similar. To help partners get started, ask them to give some examples of things they have said or done that day to express their love. Leave the tool with the clients to complete on their own time.

**Discussion Starter:** Each of us has a different way of showing and expressing love for others. Some of us prefer to express love through words, others through actions. For couples, this can cause some trouble from time to time when one partner doesn't recognize the other's signals. This activity can help you find ways you show care and also help you recognize the different ways your partner expresses care and love. For this exercise, you select a day to keep track of all the things you both do and say to show love and place these in two containers. At the end of the day, take some time to sit together and talk about the different types of things you identified. This exercise is about showing care, not competition.

**Follow-up:** After going through this tool, have the client write down several ways they show love for their partner, and a few ways their partner shows love for his/her partner once a day.





# Caring in Action

How well do you and your partner know when the other person is showing love? Do you sometimes say or do things to show affection, but your partner doesn't notice? This activity will help you identify different things you both do and say throughout the day to show care and love.

## ***For this exercise you will need:***

- Two empty containers (jars, bowls, boxes). Label one container "How I showed love today" and the other "How my partner showed love today."
- Two different colors of paper cut up into small squares. Each partner will use one color of paper so you can tell who wrote what. (If you do not have different color paper, you can use two pens with different colored ink).

## **Instructions:**

1. Agree on a day to do the activity.
2. Throughout the day write down (on your color paper) the ways **you** show love for your partner. Use one piece of paper for each thing you do or say. Place them in the container labeled "Ways I showed love today." For example, you might write "I kissed you before you went to work," "I cooked dinner," or "I took the kids to school."
3. Also write down the ways **your partner** shows love for you. Place these in the container labeled "How my partner showed love today."
4. At the end of the day, sit down together and take turns reading how you showed love that day. Read what you wrote down on the color sheet you used and put in the container "Ways I showed love today." Next, read what your partner wrote down on his or her paper and put in the container "Ways my partner showed love today." Now read the sheets that describe how your partner showed love that day.

Talk about the notes. Did you write down the same things? If not, that's okay! There might be some things that you did to show love, but your partner didn't notice. There might also be some things that your partner did, but you didn't notice and write those down. Or, maybe you both did notice and just forgot to write it down? Use this time to express your appreciation for the loving things your partner did – both what you noticed, and what you didn't.

This exercise is about showing care, not competition. Do not compare the number of things you and your partner do. Some days one partner may show more care for the other. Use this activity to remind yourself to show care and appreciation for each other.

***Recognizing the many things your partner says and does to show love can strengthen your relationship.***