



Name The Ways You Care



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

Objective: Clients will identify ways they and their partners express caring for one another.

Audience: This tool may be best for clients who are having problems showing appreciation for their partner and their role in the relationship. In addition, this tool would be useful for clients who have difficulty expressing ways they care to their partner.

Estimated Time: 10-20 minutes

Educator Instructions: Before reviewing the instructions on the tool, start with the Discussion Starter below or something similar. This tool could be completed during your visit with the client, or it could be left with the client for them and their partner to complete on their own time. If working with a couple, provide a separate form for each partner to fill out on their own before sharing it with each other.

Discussion Starter: One significant difference between happy and unhappy couples is that happy couples really focus on the positive aspects of their relationships. For example, it's important to regularly notice the good things your partner does for you, and to express your appreciation for those good things. This activity will help you name several ways you and your partner express caring towards each other. After you've made your list, make plans to tell your partner "thank you" for the caring things he or she does.

Follow-up: After going through this tool, have the client try to show ways s/he care about his/her partner at least once a day. Be sure to monitor the progress of the client.





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In the stress of day-to-day life, we sometimes have a hard time showing that we care. The good thing is that there are a lot of ways to show you care for someone you love. Some of those ways require more effort than others, and some are very simple things to do (or say). For example:

- You clean the dishes when your partner cooks dinner.
- Your partner kisses you before leaving for work.
- You call (or text) your partner at work to say you are thinking about him/her.
- Your partner makes sure the children eat breakfast every day.
- You hug your partner and say, "I love you."
- Your partner leaves you a note that reads, "thank you for all you do."

It can be helpful to remind yourself of the caring things you do for your partner, as well as the many things your partner does for you.

List 5 ways that you show you care about your partner.

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 ways that your partner shows he or she cares about you.

1. _____
2. _____
3. _____
4. _____
5. _____

Now that you've made these lists, make plans to tell your partner "thank you" for the caring things he or she does. During the course of each day, be mindful of what you each do for each other and your family. Show thanks every day!

When you receive love from your partner, say "thank you" to send love right back!