

The Language of Love:

Deepen Your Relationship
With Loving Communication

C H E C K L I S T



The Language of Love: Deepen Your Relationship With Loving Communication

Daily Checklist

Trust

- ✓ Tell the *whole* truth.
- ✓ Follow through and do what you say you'll do.

Effective Listening

- ✓ Give your partner your full attention.
- ✓ Use appropriate body language.
- ✓ Let your spouse finish.
- ✓ Repeat what they said in your own words.
- ✓ Ask questions.

Share Your Hopes and Dreams

- ✓ Discuss a goal you'd like to achieve in the future.
- ✓ Talk about ways you can accomplish it together.

When You Disagree

- ✓ Remind yourself of your love for each other.
- ✓ Refrain from name-calling.
- ✓ Focus on the current issue.

- ✓ Use effective listening skills.
- ✓ Share your feelings.
- ✓ Apologize when necessary.
- ✓ Find a win-win solution.

Show Your Love

- ✓ Show gratitude.
- ✓ Do something nice for your partner.
- ✓ Turn a mundane task into something fun.
- ✓ Surprise them.
- ✓ Look your best; feel your best.
- ✓ Take time for yourself, too.
- ✓ Pray together.

Laugh Together

- ✓ Share a laugh.
- ✓ Talk about something funny.
- ✓ Do something fun and outrageous together.

Make Time for Each Other

- ✓ Make it a point to spend quality time together.
- ✓ Try new activities.
- ✓ Plan a fantastic vacation together.
- ✓ Add to your special trip fund, even if it's only a small amount.

Get more healing resources at: <http://www.infidelityhealing.com>