

Values-Guided Actions

Write about little things you could do – simple, easy values-guided actions -- to enhance your relationship. Following are a few ideas to get you started. Although we're focusing here on the three core values of connecting, caring, and contribution, obviously these are not the only important values in a relationship, so please add others of your own.

Words: What can you say to your partner that promotes a deeper sense of connection or shows him that you care? How about "I love you," "I'm here for you," "Let me know how I can be of support," or "I appreciate having you in my life"? Even simple phrases such as "Thank you," "I'm sorry," or "Please forgive me" can go a long way if said genuinely. Consider text messages, cards, and e-mails as well as the spoken word.

Gestures: What actions can you take that contribute to your partner's health, well-being, and vitality? This might include anything from cooking dinner, fixing the car, or organizing a night out, to helping your partner with her chores or tasks, or giving small gifts such as flowers or CDs.

Physicality: How can you facilitate connection and caring physically? Consider hugging, kissing, holding hands, stroking hair, back rubs, sitting together on the couch, and so on.