

Table 12.1 - What Makes You Feel Loved?

In the center (bolded) column, please rate how important each item is to you, on a scale of 1-5 (1=not very important, 5=really important). Then, please put check marks in any of the five columns to the right (A, B, C, D, or E) that describe your feelings.

During periods of time when we're getting along well, I feel loved when (with a good attitude) my partner...		Rate how important this is to you (1-5)	I'd like to have less of this	Its not that big of a deal to me	I'm satisfied with the amount I get	More would be nice	I'd love to have more!
1	...gives her undivided attention for periods of time.						
2	...works together with me to accomplish tasks that need to be done.						
3	...fixes (or gets) food for me.						
4	...encourages me to take personal time to do things I like to do.						
5	...joins me in outdoor activities.						
6	...arranges a date for us.						
7	...gets interested in things I'm interested in.						
8	...is physically affectionate with me in a nonsexual way.						
9	...gets turned on by me sexually.						
10	...listens and cares when I'm stressed about things in my life.						
11	...wants to go to new places, have new adventures or experiences with me.						
12	...makes me feel like we're in this together.						
13	...thinks about me when we're apart						
14	...stops what she's doing for a moment and greets me warmly when one of us comes home.						
15	...gives me compliments on my appearance or performance						
16	...helps me accomplish my tasks.						
17	...gives thought to the things that need to be done for the household to run smoothly.						
18	...is physically affectionate with me in front of other people.						
19	...gives me compliments or talks positively about me in front of other people						
20	...reciprocates when I'm affectionate.						
21	...gives me massages						
22	...teases me in a good-natured way						
23	...knows what's going on in my life						

During periods of time when we're getting along well, I feel loved when (with a good attitude) my partner...		Rate how important this is to you (1-5)	I'd like to have less of this	Its not that big of a deal to me	I'm satisfied with the amount I get	More would be nice	I'd love to have more!
24	...comes to talk to me when I call for her from another room in the house.						
25	...comes and finds me when she wants something rather than calling from another room and expecting me to come.						
26	...buys me things without my asking						
27	... calls to say "hi" when we're apart.						
28	...asks me how my day went.						
29	...pampers me by doing small things for me that I could easily do for myself.						
30	...is playful or spontaneous with me.						
31	...smiles at me for no reason.						
32	...wants emotional support from me						
33	...makes plans with me about how we want our future to be.						
34	...stops what she's doing and acknowledges (even for a moment) what I say.						
35	...thinks about (and takes into account) my preferences and needs without me even having to say anything.						
36	...takes care of me when I'm not feeling well.						
37	...lets me know what her plans are or when they change						
38	...laughs at me when I'm funny						
39	...makes me laugh						
40	...remembers to follow through on things she says she'll do.						
41	...listens to me and remembers what I say.						
42	...is the first one to try to make things better after an argument.						
43	...realizes when I need something and gets it for me without being asked						
44	...doesn't hesitate to do something for me when I ask.						
45	...makes occasions such as birthdays, anniversaries, & holidays special.						