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| **Chart for Exercise 13**  **What Makes You Feel Loved**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** |
| 1. Ask your partner if she would be willing to take the *What Makes You Feel Loved?* Inventory (p. 267). Offer to take the inventory as well. |
| 1. Suggest that you and your partner share your completed inventories with each other. |
| 1. Independently, read through *both* of your completed inventories. |
| 1. Write down some of the main realizations you have about your completed inventories thus far. |
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| 1. Get together and ask your partner to clarify anything that seems vague or confusing to you. |
| 1. After your conversation, give some thought to any things that might be dampening your motivation to connect with your partner in ways that she has designated as important and desired by her. Write them down. (If you feel at least somewhat unable to enjoy specific things that make your partner feel loved and you can’t identify why, review the list of common things that often block motivation and enjoyment in [Step 6 in Chapter 17](#Ch_17_Sec_6)). Prepare to discuss these things with your partner and propose possible solutions. |
| 1. Once you feel prepared, initiate another conversation with your partner. |
| * 1. Discuss any barriers that might be impacting your motivation to connect with your partner in the ways that are important to her (see Step 6 above).   2. Ask her to discuss any barriers that might be impacting her motivation to connect with you in the ways that are important to you. ([Use the Phase 1 steps described in Chapter 16](#Ch_15_Phase_1) p. 220) |