

# CARING BEHAVIORS WORKSHEET TO PRACTICE WITH YOUR PARTNER

I feel cared about when...

How it makes me feel



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## PAIRS TIPS

- Think of your relationship as a Love Bank. It's important to take time to build the balance of your account through regular deposits.
- We make deposits into our Love Bank when we do things that leave our partner feeling cared about. Often what makes others feel cared about is different than what we want for ourselves.
- The Love Bank has a five-to-one rule: we must make at least five positive deposits in the Love Bank to neutralize one withdrawal, such as criticizing, making a negative observation, not keeping a promise or commitment, etc.
- Discovering what it takes to fill your relationship Love Bank with actions that say, "I care!" will help you grow closer in love, pleasure, and connection.
- Make a commitment to keeping the balance high. A positive balance in the Love Bank helps provide important protection to our relationships.