

CARING DAYS

Date: _____

Cared-For Partner:

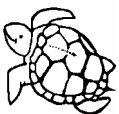
Instructions: Alternate Days. One partner is the Caring Partner, One is the Cared-For Partner for the day. In the morning the Caring Partner invites the Cared-For Partner to state current Caring Behavior wishes. The Caring Partner takes notes on this paper. List at least 6 caring behaviors. List abstract or magical requests in the Global Request column. Throughout the day the Caring Partner focuses on their partner and acts in nurturing, giving, and supportive ways as if they were the “good parent”. Do as many of the Caring Behaviors on the list as you can. You do not need to do all of them. Do this for 30 days.

Morning Sentence Stem:

What can I do today to that might make you feel loved and cared for?

Specific Requests:

Global Requests:



Examples:

Specific Requests are clear, simple behaviors that can be done. They are SMART: **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime limited. They are also positive actions, i.e. something-to-do.

Make me a cup of coffee.

Tell me 2 times to day, "I love you."

Tell me 4 times today, "I'm glad you're my partner."

3 X "You're a good provider."

Rub my neck for 5 minutes, gently.

Take me to dinner at Chapter Eleven.

Take out the garbage.

Give me a kiss before I go to work.

Make my lunch.

Take a shower with me.

Give me a "loving" card.

Buy me a candy bar, Milky Way.

Wash my car.

Clean up your office.

Ask me 2 times today "Is there anything else you want today?"

Make a time this evening for us to just chat for a while - like 15 minutes.

Read to me at bed time.

Global Requests come from our "Inner Child" and no one can do them. Still we often need to say these wants and have them heard by our partner. These often include "non-acts", i.e. something-not-to-do..

Be nice to me.

Make me happy.

Love me.

Make me feel safe.

Fix my problems.

Don't demand things from me.

Let me be me.

Don't get mad.

Be happy all day.

Like me no matter what I do.

Don't criticize me.

Don't make a mess.

Don't drive too fast.

Buy me a new Mercedes.

Do what I want without me asking.

Make the weather warm.

Never look at another woman.