

Review Worksheet #3: Married Couples

The Four Gifts of Love® Class

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Gift of Care: My spouse's top five emotional needs and specific ways to meet those needs.

Need #1: _____

Need #2: _____

Need #3: _____

Need #4: _____

Need #5: _____

Gift of Protection: My Love Buster Categories and specific ways to avoid them (including alternative behavior).

1. _____:

2. _____:

3. _____:

4. _____:

5. _____:

Fine-tuning the Gift of Care and the Gift of Protection from Lesson Seven:
Changes to my plan.

Review the Policy of Joint Agreement

Ask, “Would my spouse be enthusiastic about my decision or behavior?”

Gift of Time: Did we schedule our 15 hours of undivided attention time this week? And are we having at least 1 hour/day together? Is that time fulfilling the objective of meeting each other’s most important emotional needs?

Recreational Activities: The list of activities we both enjoy.

Gift of Honesty: Am I valuing honesty and being completely honest with my spouse—revealing my thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future?

Plan review schedule: every ____ days, weeks, months (circle one)

Dates reviewed (M/D): ____