

Relationship Maintenance

COMMUNICATION IS THE KEY



AM

What will I **SAY** to show love today?
What will I **DO** to show love today?

PM

What did I **SAY** to show love today?
What did I **DO** to show love today?

WORDS - I love you - I miss you - I hear you - I appreciate you
What do you need? - How can I help? - I love it when...

ACTIONS - Hugs - Kisses - Help - Support - Time
Surprises - Laughter - Listening - Initiating conversations

-WARNING-

DO NOT KEEP SCORE

Evaluate your own choices - They are all that is in your control

RESPECT + TRUST + TIME = SAFETY + COMFORT + HAPPINESS

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