



Tools For Men

Honey-Do List for Romance

PURPOSE

To help you discover practical ways to speak your wife's romantic love language and to help her meet yours

ADVANCE PREPARATION

Schedule a dinner date, coffee date, or meeting during your lunch hour. Each spouse should spend a few minutes making their own list (see reverse side).

DURING THE DATE

- Exchange lists with each other and discuss them together.
- Avoid the temptation to say "you never do this for me." The purpose of this activity is to give each other practical ideas to communicate your love in coming weeks and months rather than present a list of past failures.
- Keep in mind that this activity is like requesting a Christmas or birthday gift list. It will help you/your wife give based upon clear needs and likes. Do not treat it like a task list but rather as an opportunity to find more meaningful ways to express your love.

What says "I LOVE YOU" to your wife?

Every house demands attention: dirty windows, squeaky doors, broken blinds, and the like. These projects end up on what your wife might label a honey-do list. These are tasks she wants you to handle that may or may not match your own list of priorities. Conflict can emerge when things on her list are not as important to you as they are to her. In like manner, every husband and wife have a different honey-do list when it comes to romance.

What expressions of love carry the most meaning for your wife? How does her list differ from yours? Things that seem romantic to you may not spark the same feelings in your wife. What might "turn her on" may have little effect on you.

Assignment #1: Take turns identifying "gifts" that make you feel loved.

Give me a hug
Kiss me goodnight
Kiss me before work
Pray with me
Come home on time
Call during the day
Say you are proud of me
Wink/whistle at me
Come to bed when I do
Text you are thinking about me
Make my favorite meal
Show interest in my work
Bring me flowers

Write me a note
Take a walk with me
Flirt with me
Play with the kids
Surprise me with a small gift
Compliment me
Ignore phone while with me
Help me around the house
Nibble my neck
Rub my feet
Hold my hand
Other: _____

Assignment #2: Take turns identifying the three most meaningful expressions of love to add to one another's honey-do lists. Suggestions can come from the above list or not. If your spouse says cleaning a cluttered kitchen shows love, write it down! Keep the short list with you to trigger simple, positive, and practical ways of saying "I love you" in the weeks ahead.

Assignment #3: Hold hands and pray this simple prayer together: *Lord, thank you for making us unique. Help us to communicate our love for each other more often and in meaningful ways. As we do, remind us that loving each other is one way we show our love for you. Amen.*