



Today's date

Complete on or before date

MY LOVEBITE REQUEST FOR THIS WEEK

This week I would love it if you would... Tip: This request is for an act of kindness, service, or affection, not things. Make it reasonable and doable in this amount of time.



This would meet my need to... Tip: What is the need beyond the request? e.g. "...know that I **matter** more than your video game." "... feel like we're on the same team."



And if you do that, I think I'll feel... Tip: How will you feel if your partner gives you what you've asked for? They need to know they're making a difference.



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|--|--|---|
| ☐ more confident | ☐ relieved | ☐ wanted |
| ☐ more interested | ☐ safer | ☐ respected |
| ☐ more relaxed | ☐ friendlier | ☐ less overwhelmed |
| ☐ more playful | ☐ in the mood | ☐ less alone |
| ☐ more loving | ☐ loved | ☐ less anxious |
| ☐ more secure | ☐ cared about | ☐ supported |
| ☐ more hopeful | ☐ like a priority | ☐ important |
| ☐ less invisible | ☐ happier | ☐ connected |
| ☐ understood | ☐ excited | ☐ valued |
| ☐ more trusting | ☐ less stressed | ☐ other <input type="text"/> |

Here are some tips to help you succeed in fulfilling my Love Bite request...

Tip: To prevent disappointment, **set your partner up for success** by being specific. Spell out exactly what you want. e.g. "I'd like you to make arrangements with the babysitter." "I'd like you to do it today, so we're not scrambling at the last minute."

