

Sending you memes or reels  
that let you know they thought  
of you

Telling you about something  
interesting they learned recently

Remembering important dates

Prioritizing you

Creating a cozy and warm  
atmosphere

Letting you fall asleep on them

Communicating with you about  
a boundary they have

Giving a thoughtful gift

Making you something

Investing in appropriate  
connections with your friends  
and family

Trying something that you like

Helping you have a nap

Initiating the scheduling of  
something important to you

Learning new communication  
skills

Softly holding your hand

Taking care of you when you're  
sick

Concerning themselves with  
your shared financial future

Listening to some favorite music  
or bands together

Sharing childcare  
responsibilities

Working on a project with you as  
a team member

Taking on a chore that you particularly dislike	Asking you to show them how to do something because you're good at it
Praising you to your children	Giving you a break from something that is usually your responsibility
Allowing you to not be at 100% energy or intelligence sometimes	Being a safe haven for expression of your distresses
Demonstrating curiosity for your passions or interests	Making an income that supports your shared life
Prioritizing agreement on how shared finances are managed	Watching some favorite movies or plays together

Sharing household responsibilities	Requesting your help with something
Demonstrating attention to you through their body language	Taking initiative
Praising you to other people	Allowing you to make mistakes
Apologizing	Verbally affirming your good qualities
Writing an endearing message and leaving it for you to see	Holding you close

Giving you space when you  
need some alone time

Taking care of you when you have  
an injury

Partaking in your sensual  
pleasure

Changing the toilet paper roll

Creating social/family events

Making moments festive or  
memorable

Positively and supportively  
challenging you

Encouraging positive self-talk

Cooking

Washing and putting away  
laundry

Keeping shared spaces tidy  
and clean

Helping you achieve personal  
goals

Managing garbage/recycling  
receptacles

Knowing your patterns and habits

Following an agreed-upon  
standard of decorum

Being aware of your emotions

Telling you details about their  
day

Dreaming about your future  
together

Being reliable

Remembering and reflecting on  
cherished times together

Encouraging a positive body image	Making coffee or tea
Planning, designing, and securing the components of meals	Keeping the toilet lid down/up according to your preference
Noticing when you feel overwhelmed by something, and collaborating on a way to help	Helping you identify barriers to your personal goals and helping you find solutions for them
Anticipating a need or desire	Knowing your preferences
Honoring your boundaries	Initiating difficult conversations

Making vacation plans and  
arrangements

Choosing to keep a good attitude  
during a disappointing situation

Being punctual for something  
important to you

Knowing what's important to you

Doing something special for  
your birthday

Singing to you

Helping you clean up when you  
accidentally spill something

Showing you grace and  
compassion for your mistakes

Telling you what's important to  
them

Celebrating your achievements



Bringing you a snack	Telling you what you mean to them
Making it easy for you to share something that is difficult to talk about	Putting the phone away when you are having dedicated time together
Wanting to protect you	Asking for your perspective on something
Coming up with solutions for needs	Being in the same room with you
Acknowledging the pain of a difficult emotion	Listening intently to you when you are on a date or sharing something personal

Putting a guiding hand on your back when you walk up stairs

Ensuring financial stability

Participating in self-care

Pursuing self-growth

Protecting downtime

Cuddling with you

Noticing when you've put effort into something

Massaging you

Putting lotion or cream on you

Grooming you