

Your Unique Love Profile



1. LOVE BUILDERS

A LOVE BUILDER is a behaviour or gesture which communicates love to you and helps you feel close and connected to the other.

Of the following list, choose the **FIVE** Love Builders that are most effective in communicating to you that you are loved. That is, if you could only have five Love Builders, and no more, which would you choose?

1. Cherishing Gestures

- Caring for me, being tender and gentle with me
- Being of service to me, doing things for me that I appreciate
- Nurturing me, doting on me
- Affirming my attractiveness
- Being considerate and thoughtful, giving way to my preference
- Being protective of me
- Self-sacrificing to save me from an unpleasant task
- Listening to me, being interested in my inner life
- Trusting me with your emotions and inner thoughts, being emotionally open
- Being truthful and honest with me
- Providing materially for me
- Touching me affectionately, hugs and kisses
- Other...

.....

.....

.....

2. Respectful Gestures

- Expressing appreciation for me
- Acknowledging the sacrifices I make for the sake of our future
- Admiring me, especially in front of others (particularly my friends of the same sex)
- Affirming my strength in body and character
- Trusting my judgement
- Allowing me to initiate and be the leader, being willing to follow me
- Expressing your desire to be close to me sexually
- Doing things together, recreational companionship
- Taking care of your appearance
- Allowing me to provide for our needs
- Giving me the benefit of the doubt when things go wrong
- Thanking me when I do something for you
- Other...

.....

.....

.....