

Love

	<u>Date</u>	<u>Signature</u>
1. Make a list in your Values Binder of those people and things that you Love. How do you feel when you think about these people and Things? Discuss with your Values Coach.	_____	_____
2. List the people who love you. How do you know these people love you? Discuss with your Values Coach.	_____	_____
3. Every day for two weeks, tell someone something you love about them. In addition, every day list one thing you love about yourself in your journal.	_____	_____
4. Write in your own words what love means to you. Compare your definition to the dictionary's. Discuss with your Values Coach.	_____	_____
5. Discuss the difference between physical intimacy and emotional intimacy with your Therapist.	_____	_____
6. Care for an animal for one week. Keep a log of how much time you spend with it. This includes feeding, watering and grooming.	_____	_____
7. Make a list of the characteristics of the perfect relationship. Discuss it with your Values Coach.	_____	_____
8. Discuss with your Therapist the concept of freedom and control in relationships.	_____	_____
9. Attend or do a Devotional on Love.	_____	_____
10. Talk to your Values Coach about how love and sacrifice are connected. Decide on a sacrifice that you can make for a peer this week and follow through with it.	_____	_____
11. _____ _____	_____	_____

