

The Surprise List

Purpose: The purpose of this exercise is the augment caring behavior with unanticipated pleasure, adding to your feeling of safety and bonding.

Comments: This exercise is to be done separately and must be kept secret from your partner.

Directions:

1. Make of list of thing you could do for your partner that would be especially pleasing. Don't guess. Draw up your list from your memory of things that have pleased your partner in the past or from hints or comments your partner has made. Become a detective and ferret out your partner's hidden wishes and desires. Keep your list hidden from your partner at all times.
2. Select one item and surprise your partner with it this week. Be sure to do this at least once a week and at random times, so that your partner will have difficulty anticipating the surprise.
3. Record the date when you gave each surprise.
4. On a separate sheet of paper, record and date the surprises you receive from your partner. Thank your partner for surprising you.