

Love Bank Activity

Directions: List 10 behaviors you can do that would please your partner and make him/her feel loved (Investments in Love Bank). Then list 10 Behaviors that you do that bother or hurt your partner that you could reduce (Reducing Withdrawals from the Love Bank). After completing the list trade with partner, and talk about the discussion questions listed at the end of this exercise.

Investments

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Reducing Withdrawals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Discussion Questions:

1. What items did the other person list accurately?
2. What items were you surprised to see listed?
3. What items would you add to the list?
4. What will each of you commit to do differently this week to increase your Love Bank Balance this week?

