



List current actions for Emotional Intimacy	List expectations for Emotional Intimacy
Ex. I feel loved when you say "I appreciate your work."	Ex. I would feel loved we would talk about our budget.
List current actions for Physical Intimacy	List expectations for Physical Intimacy
Ex. I feel loved when you hold my hand.	Ex. I would feel loved if you held my hand while we walk.
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List current actions for Spiritual Intimacy Ex. I feel loved that we worship together.	List expectations for Spiritual Intimacy Ex. I would feel loved if you said a morning prayer.
Ex. Free loved that we worship together.	Ex. I would leel loved if you said a morning prayer.



I feel loved when you
I would feel loved if you

