



YOUR LOVE RITUAL

FOR COUPLES
DESIGNED FOR YOU, BY YOU.

THE SELF-LOVE MOVEMENT

www.theseif-lovemovement.com

Your Love Ritual

Your Love Ritual (for couples) is designed to be a sacred workbook to ignite your relationship and create more love.

There are no secrets here.... Your relationship requires daily work and constant attention to ensure both parties remain balanced, happy, fulfilled and totally in-love! But let's agree – you're totally worth it right?

These series of questions will evoke your deepest desires within your current relationship. They will require your complete honesty and dedication.

Understanding your partners Love Language, your emotional communication preference, (refer to The 5 Love Languages – Gary Chapman) is vital to a successful relationship.

- 1) Physical Touch
- 2) Words of Affirmation
- 3) Quality Time
- 4) Gifts
- 5) Acts of Service

Go ahead, do the quiz and see what you both are:
<http://www.5lovelanguages.com/profile/couples/>

Now that you know what preference you speak LOVE in.. recognise if you are similar or varied to your partner. This alone can make a significant impact to your relationship. Let me give you an example:

Jeff & Alison were high school sweethearts. Their young love was a fantasy full of lust. During this time in their relationship their “love tanks” were full (you know what I mean, new love right). As time progressed they started to “fall out of love” and challenges appeared to become more frequent. They decided to go and see a relationship coach as they felt their commitment to each other was worthy of trying everything possible to mend. The coach asked Jeff, “How do you feel within this relationship?” Jeff replied “I just wish we would spend more time together like we use to. We did everything together... Since Alison got a new job I never see her and she never wants to do much together. She is always frustrated and busy, I feel I can't win”. The coach then asked Alison, “How do you feel within this relationship?” Alison replied “Jeff would always tell me how much he loved me and how beautiful I was, I would always get lovely messages and kind words from him.. I really loved when he expressed this towards me. Now he barely speaks to me and I don't feel he is interested in me at all..”

Without knowing, Jeff & Alison had different preferences in expressing love. Jeff showed love through Quality Time and Alison through Words of Affirmation.

The coach then explained how they were communicating in different languages and gave them direction to start filling up each other's “love tanks” by learning each other's love language.

It takes work! Imagine if your partner was talking to you in a different language all together? Eg: English v Chinese. How would you decipher that? Would that relationship work? No. Not unless you begun to learn each other's language... then your relationship would flow.

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Let's get down to it!

Couples will need to print two copies, one for each person. The intention is to clearly and honestly communicate your feelings within the relationship. It's kind of like a "check-in" to see where you're both at on all levels. This should be completed or "re-looked" at every 90 days.

Often we fail to communicate the simplest of details. These questions are designed to open up all channels of communication for continued commitment and dedication to each other.

After you have completed your questions (and please take the time to really write your honest answers with as much detail and effort possible... your relationship is totally & absolutely deserving of it!), give your ritual to your partner and read, vowing not to react if you read anything you don't agree with, and to also give your relationship as much effort as you possibly can, knowing that the more you work on all of your answers, the better your relationship will be (hence why your attention to honesty & detail are vital).

It is now up to you both to make daily changes in reference to the answers received and to also make it a priority to act on the things that you both love and enjoy together. The more "good feeling" stuff that you do, the more your love intensifies and your relationship will be a solid foundation full of LOVE.

Ps – don't be disheartened by the constructive criticism/feedback – your partner has your best interest at heart, trust that! Let them fully express every feeling they feel and really honour that.

You can add more than 5 to your lists if you feel.. and if you are struggling to make 5, that's ok just try your best.

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List 5 things you love about your partner:

List 5 things you feel your partner needs to work on/improve:

List 5 things you feel that you need to work on/improve:

List 5 things you really enjoy doing with your partner:

List 5 things you really enjoy doing for your partner:

List 5 things you love that your partner does/says to you:

List 5 of your favourite past experiences together:

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List 5 things that you wish you and your partner did more of:

List 5 things that you wish to achieve in the next 6 months with your partner:

List 5 things you wish your partner did less of:

List 5 key words you associate with your partner:

List 5 feelings your partner gives you:

Fill in this statement: I feel loved when my partner does/says:

Fill in this statement: I feel frustrated when my partner does/says:

Fill in this statement: I feel the most loved when:

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Your Love Ritual is now complete... thank each other for the effort and dedication you have just committed to.

But remember, you must act. Work together, stay committed and keep filling each other's love tanks full!

