

Situation Cards 28

Sunshine Pattern

How often per week do you express affection? Receive affection?

Way of expressing sunshine	Him: Number of times per week	Her: Number of times per week
Initiate a hug.		
Agree with something your spouse has said.		
Pitch in and help with something in the household.		
Gladly do your part of the household functioning.		
Express admiration (e.g., I like that color on you).		
Express thanks for something your spouse has done.		
Smile.		
Be playful.		
Declare your love.		
Initiate sexual time.		
Focus on pleasuring your partner.		
Talk with your partner in a mutually satisfying way.		
Discuss a personal dilemma (medical, emotional, situational).		
Share about your day, discussing issues on your mind.		
Set aside time to be together.		
Inquire about something of importance to your spouse.		