



MAKING LOVE PILLS

We each have patterns and habits of how we express our love for our partner, and that is good. But imagine starting each week anticipating a special act of love from your partner, but not knowing exactly when it will happen. That's what this exercise is about.

Making "love pills" is an exercise that we have often used at the end of a Couple Enrichment event to help keep alive the deep sense of love and connection between partners after the event is over. But there's no reason to wait for a Couple Enrichment Event to do this – you can do it any time! Here's how it works.

Supplies Needed:

1. 8-10 Strips of paper per person (we cut up a regular size piece of paper into 8-10 strips)
2. Small rubber bands
3. Writing utensils
4. Small boxes or bags (1 per person)

Making the Pills

Take 5-10 minutes to think of as many ways as possible that you can show love, affection, and appreciation for your partner. You may want to consider the 5 Love Languages outlined in Gary Chapman's "Five Love Languages" books: Words of affirmation, quality time, gifts, service, and physical touch.

Now, choose 8 to 10 of these acts that can be done reasonably spontaneously – for example, giving a massage, taking over a chore, going to a movie, bringing home flowers, writing a love letter. (Avoid things that require lots of planning, such as travel, or that are date specific, such as attending a Christmas Party.)

Write each idea on a strip of paper. We use the formula *"This week I will show my love for you by [fill in blank]."*

As you finish writing on each strip of paper, roll it up tightly, fasten it with a rubber band, and put it in the bag/box with your partner's name on it. You will end up with a bag with 8-10 "pills" in it.

Taking the Pills

Give the bag of pills to your partner and agree upon a time each week when he or she will "take a pill". At the appointed time, have your partner reach into the bag, randomly select a pill, and read it out loud.

Your job is to find time in the next 7 days to do whatever was in the pill. Enjoy the experience of giving (and receiving) love. Share with each other which "pills" seem more powerful in building connection.

Results

We can't guarantee results, but in our experience, this exercise brings laughter and smiles into our lives. It increases our awareness of how we express our love and encourages us to talk about giving and receiving love.

--Submitted by Marsha and Mike Green