

Spice it up!
Sexual interaction can be:

Spiritual:	Physical:	Intellectual	Creative:	Emotional:
<i>Pray together.</i>	<i>Hug & kiss each other.</i>	<i>Read together.</i>	<i>Give flowers.</i>	<i>Make time for each other every day.</i>
<i>Serve one another.</i>	<i>Hold hands.</i>	<i>Discuss your family planning intentions.</i>	<i>Make a special meal.</i>	<i>Discuss your feelings.</i>
<i>Recognize the image of God in one another.</i>	<i>Cuddle.</i>	<i>Listen to one another.</i>	<i>Write love letters.</i>	<i>Resolve problems.</i>
<i>Pray for one another.</i>	<i>Go for a walk.</i>	<i>Dream together.</i>	<i>Plan a date night out.</i>	<i>Laugh together.</i>
<i>Attend church together.</i>	<i>Work on a project together.</i>	<i>Respect each other.</i>	<i>Travel or go sight seeing.</i>	<i>Trust each other.</i>

I feel loved when you:

Spiritual:

Physical:

Intellectual:

Creative:

Emotional:

I feel loved when you:

Spiritual:

Physical:

Intellectual:

Creative:

Emotional:

J feel healthy and whole when J:

Spiritual:

Physical:

Intellectual:

Creative:

Emotional:

J feel healthy and whole when J:

Spiritual:

Physical:

Intellectual:

Creative:

Emotional: