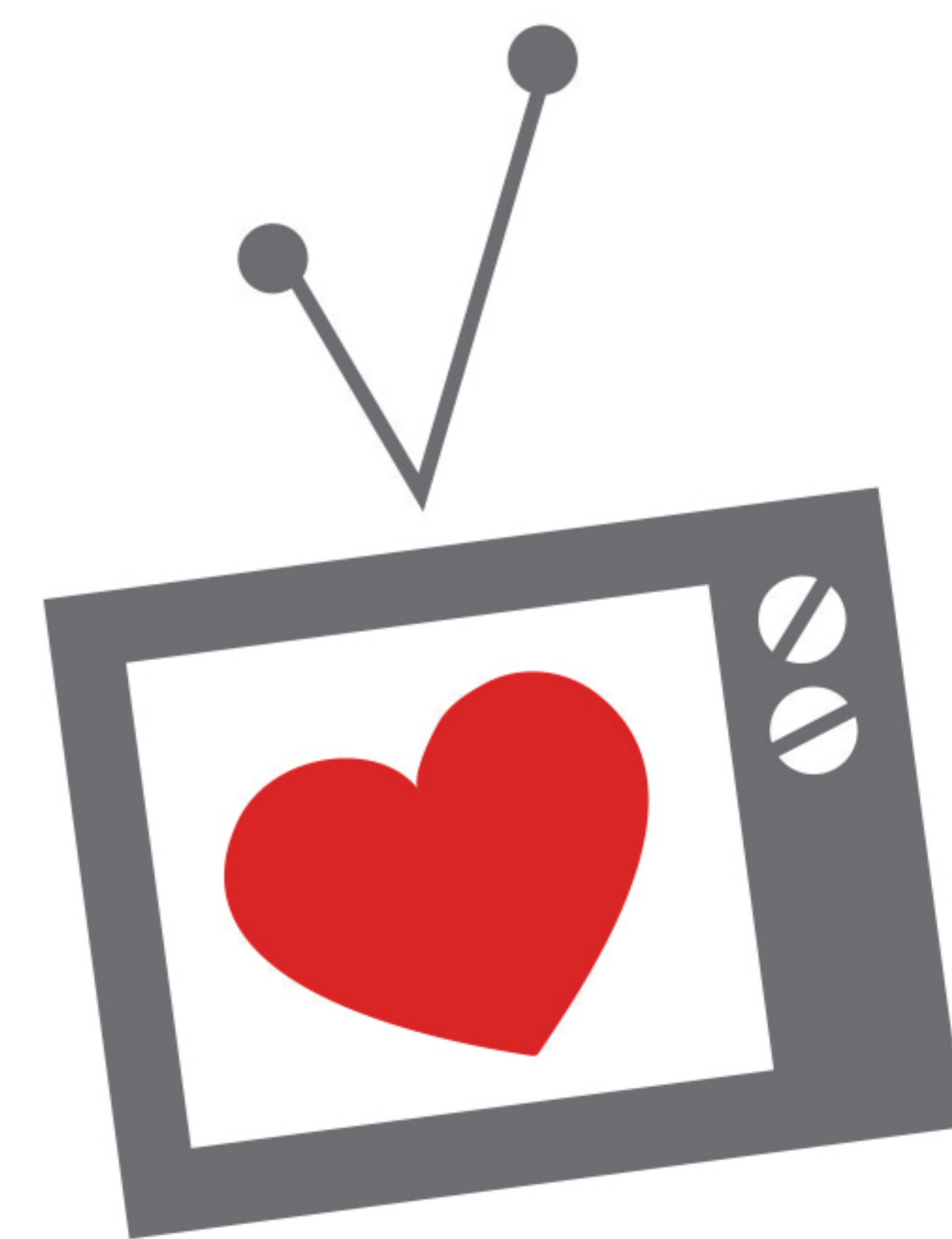




# Love Coupon Book

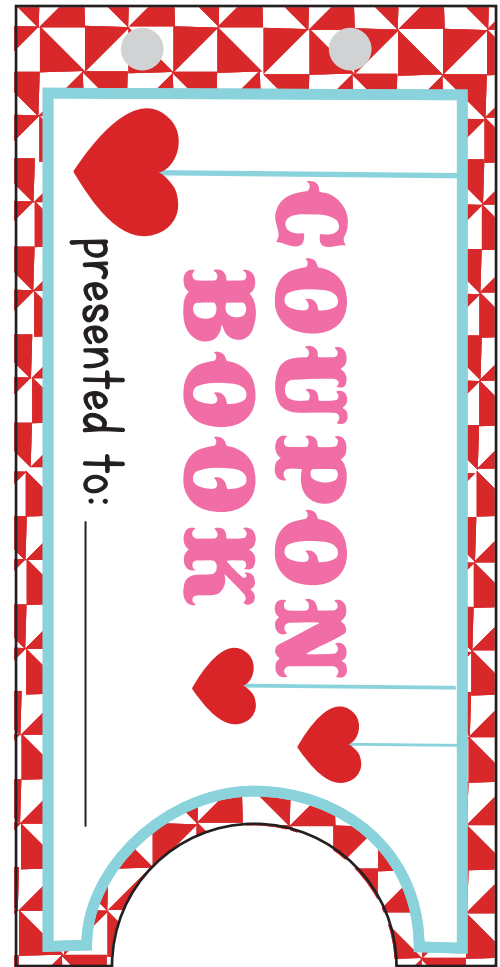




# Love Coupon Book

Here are the instructions:

1. Have family members choose the coupons that reflect the way they like to be shown love.
2. Print enough coupons so family members get each of the ones they chose.
3. Instruct each person to put all of their coupons in an envelope and then write their name on the front of the envelope.
4. Draw names so that each family member selects one other family member.
5. For an entire week, have family members show love to the family member they selected based on the coupons in that person's envelope. This will reflect the ways this person wants to be shown love and may not reflect how the person showing love feels comfortable, what is natural for her/him, or even how he feels.
6. At the end of the week, sit down as a family and talk about the experience. Ask family members the following:



## Love Coupon Reflection

- How did it feel to focus on showing love to another family member for one whole week?
- Were there ways in which your person wanted to be shown love that were not easy for you? Why? Why not?
- If you had to show love in ways that weren't easy for you, how did it make you feel when you did it anyway?
- How did the person receive the love you showed him or her?
- How does showing love to another person build trust, even when it is not easy or you aren't feeling especially close to that person?
- How did you feel receiving love in the ways that you most like to receive it?
- How do you feel about the person who showed you love?

# GOOD FOR ONE

## One-on-One Chat

About Whatever I Want  
to Talk About



# GOOD FOR ONE

## 30-Minute Activity

Doing Whatever I Want (Within Reason)



# GOOD FOR ONE

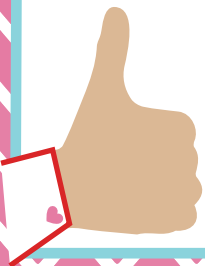
## Surprise Gift



# GOOD FOR ONE

## Validation

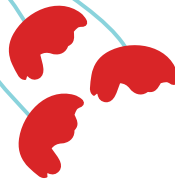
(You know what you're talking about.  
You're right!)



# GOOD FOR ONE

## Apology

(I'm sorry! My bad! Ooooh! I really  
screwed up.)



# GOOD FOR ONE

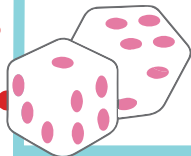
## Word of Encouragement

(You can do it! You're awesome! I  
believe in you!)



**GOOD FOR ONE**

Evening Playing My  
Favorite Game



**GOOD FOR ONE**

Massage

(Foot, Shoulder, or Back Rub)

**GOOD FOR ONE**

Hug



**GOOD FOR ONE**

Kiss



**GOOD FOR ONE**



High Five

**GOOD FOR ONE**

Snuggle Before  
Bedtime



**GOOD FOR ONE**

Day of Doing My Chores

*elle*

**GOOD FOR ONE**

"I Love You!"



**GOOD FOR ONE**

Praising Me In Public

*elle*

**GOOD FOR ONE**

15 Minutes of Straight Listening

NO Talking



**GOOD FOR ONE**

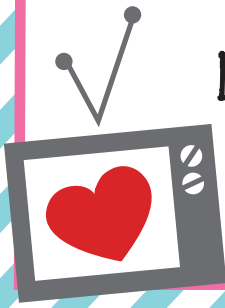
Bed Making

**GOOD FOR ONE**

Bedtime Story



**GOOD FOR ONE**



Day With Extra  
Screen Time

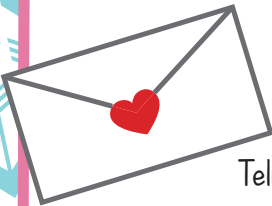
**GOOD FOR ONE**



Trip to Get  
Ice Cream

Just You and Me!

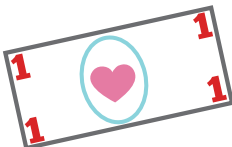
**GOOD FOR ONE**



Letter

Telling Me What You Love About Me

**GOOD FOR ONE**



Trip to the Dollar  
Store!

To Get One Thing I Want

**GOOD FOR ONE**



(Write in Your Own)

**GOOD FOR ONE**



Early Birthday  
Present

**GOOD FOR ONE**



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(Write in Your Own)

**GOOD FOR ONE**



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(Write in Your Own)

**GOOD FOR ONE**



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(Write in Your Own)

**GOOD FOR ONE**



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(Write in Your Own)


**GOOD FOR ONE**



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(Write in Your Own)

**GOOD FOR ONE**



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(Write in Your Own)