1. Self-Acceptance – More discussion and communication with friends and Troy about my flaws. Have Troy open about what he see as my flaws and his and talk through them.
2. Honesty – That I can sense you believe me when I tell you things. This is hard to quantify. I tell you everything despite what you may thing or don’t hold back cause I am fearful that you won’t like it.
3. Forgiveness – Where we can have discussions about wrongs and there is no anger or judgement. Have other partner explain why they think the person did what they did.
4. Risk – That we do more adventurous things, like unplanned vacations, short trips, maybe once per quarter. See Troy apply for jobs.
5. Openness –each month select two things or activities that are new and adventurous that we have to try.
6. Compassion – ask for one problem a day, listen to it and offer advice
7. Loving – Massages, making dinner for each other, listening to work everyday. Provide two examples
8. Passion – sex toys, outside the box acts, date nights in hotels, concerted effort in public to engage.
9. Family – Two to three activities a month with Taylor and 1 per 2 months with outside family. Dinner at table 3-4 nights per week. Game night 2 times a month.
10. Intimacy - Once a week, have a 30 minute sit down and divulge something intimate about what we are feeling that week.
11. Purpose – Read purpose driven life or find a study guide and work through the process to uncover purposes. Develop short term and long term goals.
12. Friendship – Individual nights out with friends as well as couple nights out on both sides. At least one a month. Road trips with friends both together and individually
13. Self-Knowledge – continued counseling, self help books and exercises. Marital/church courses.
14. Acceptance – Talk about what we don’t feel the other person likes about us and have a discussion. For me, I don’t thing Troy likes that I like attention. Maybe I need to accept Troy’s need to trust me and help look for ways to demonstrate it. This goes hand in hand with trust.
15. Commitment – I struggle with this. I don’t know what this looks like right now.
16. Mindfulness – call each other out when the other person is not being present in the moment and then discuss why. What is bothering that person.
17. Romance – cooking together, go to movies, hold hands, be affectionate, small tokens or gifts.
18. Spirituality – Go to church every Sunday. Pray together. Pray at dinner. Read bible and talk about what it means.
19. Creativity – do more artistic things together, like go to a museum, or play. Create something together like a painting. Look for opps to introduce art and culture. Show Troy some of my business. Cooking together
20. Faithfulness -