

# Actionable Requests

- ☐ **Explicit sharing/expressing what it's like to be you** (i.e. in response to a specific question I ask of you)
- ☐ **Active/reflective listening** (here's what I'm hearing/understanding..)
- ☐ **Accountability**
- ☐ **Reliability/consistency**
- ☐ **Scheduling/reserving time together**
- ☐ **Scheduling/reserving time alone/apart**
- ☐ **Engaging in an activity together** (playing a game, watching a movie, reading a book, traveling, exercising, etc.)
- ☐ **Attending an event together**
- ☐ **Taking on certain chores/tasks**
- ☐ **Conversations about a specific topic**
- ☐ **Expression of gratitude/appreciation**
- ☐ **Physical intimacy** (hugs, cuddling, hand holding, massage, etc.)
- ☐ **Sexual intimacy** (need to articulate specific preferences)
- ☐ **Expression of affirmation/compliments**
- ☐ **Manage planning/logistical details** (budget, a trip, a date, mental load, etc.)
- ☐ **Making financial decisions**
- ☐ **Define/agree upon a boundary**
- ☐ **Can you do me a favor?** (i.e. get me a glass of water, help me with this task)
- ☐ **Defend/stand up for me**
- ☐ **Get me a gift, card, treat, flowers, experience, etc.**
- ☐ **Choose to prioritize something I value/want even if it's not something you value as much**
- ☐ **Create relationship rituals**
- ☐ **Commit to an action that supports relationship growth/development** (therapy, listen to a podcast, read a book, etc.)
- ☐ **Publicly display that our relationship is an important part of your life** (label the relationship, wear a ring, post on social media, talk about me to others)
- ☐ **Prioritize self care/health** (go to dentist, doctor, therapy; engage in hobbies, relaxation, social connection)
- ☐ **Learn/do something new together** (workshop, class, language, hobby)
- ☐ **Spend time with me and my family/friends**
- ☐ **Engage in activism around shared values** (donating, volunteering, etc.)

- **Take on more responsibility for a time** (i.e. if I'm sick, injured, lower bandwidth; shift from 50/50 to 80/20)