

# Your Relationship Toolbox

**“When You...  
I feel... I  
wish / wonder...”**

**Spend Quality  
Time Together**

**Accept  
responsibility  
for your part**

**Turn Toward  
Not Away or Against**

**Build a  
Love Map**

**Express  
Appreciation**

**Speak their  
Love  
Language**

**Mutual  
Respect**

**Speak of “We”  
More than “Me”**

