

Rancho La Puerta
Neil A. Fiore, PhD
LOVE & DESIRE Partner Exercise

1. When I think of love, I think of:

When I think of sex, I think of:

2. When I love I feel:

When I desire I feel:

3. When I am loved I feel:

When I desire I feel:

4. When I think of love between my
partner and me today, I feel:

When I think about sex between my
partner and me, I feel:

5. Five things I could do or say that would make my partner feel loved, heard, respected,
and supported.

Adapted by Neil Fiore, PhD from

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