

Conversations on Love

by Natasha Lunn

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

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01

Choose one love domain

Pick romance, friendship, family, grief, desire, or repair as this week's conversation focus.

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02

Prepare one brave question

Write a question that invites truth without cornering the other person.

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03

Create a listening rule

Decide what you will not do while listening: fix, interrupt, compare, or defend.

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04

Name an unsaid appreciation

Write one specific appreciation you have been assuming instead of saying.

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05

Plan a repair opening

Draft a sentence that starts with what you may have missed.

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06

Ask slowly

Ask one prepared question and leave enough silence for a real answer.

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07

Reflect before replying

Repeat the meaning you heard before adding your view.

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08

Say the appreciation

Tell someone the specific thing their presence changes for you.

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