

Love Worth Making

by Stephen Snyder

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

- ⁰¹ **Make the No Explicitly Safe**

Before inviting intimacy, say the quiet part clearly: 'No pressure either way. I just want to be close to you.' The exit is what keeps the invitation clean.

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- ⁰² **Offer One Specific Admiration**

Name something particular you desire or appreciate about your partner. Make it concrete enough that it could not be sent to anyone else.

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- ⁰³ **Retire the Relationship Referendum**

Notice when sex becomes proof that everything is okay. Say out loud: 'Our relationship is not on trial tonight.' Then choose closeness without scoring it.

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- ⁰⁴ **Protect One Private Spark**

Give each person room for fantasy, solitude, or mystery without interrogation. Privacy can feed desire when honesty and trust are already intact.

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- ⁰⁵ **Use Weather Language for Desire**

Instead of asking what is wrong, ask: 'What are the conditions tonight?' Talk pressure, energy, warmth, distance, and curiosity without blame.

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- ⁰⁶ **Trade Technique for Atmosphere**

For one evening, focus less on moves and more on room tone: warmth, unhurried touch, humor, privacy, and freedom to change course.