



# Because I Love You

## Using the Cards



### **Kitchen cupboards are largely unnecessary.**

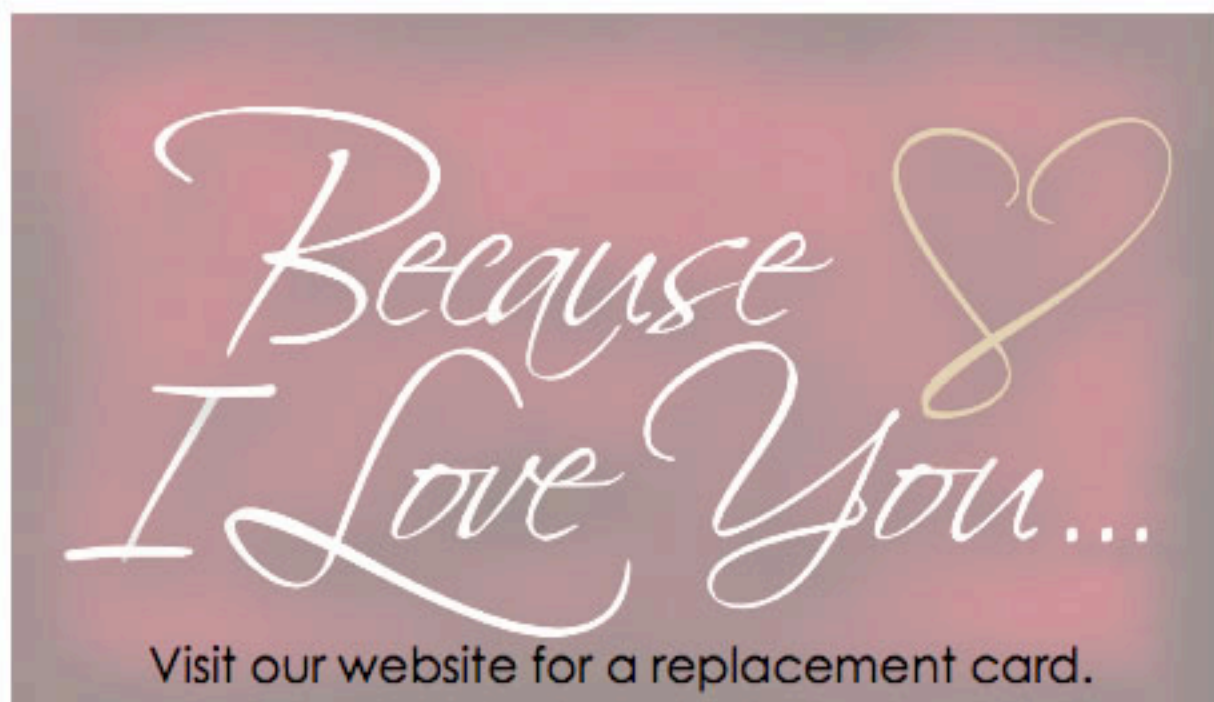
Dirty dishes go into the dishwasher. Run the dishwasher and you have a quick place to find all the dishes you typically use. Need a clean cup? No need to hunt through the cupboards, it's in the dishwasher. The dirty cup then sits in the sink until the dishwasher is empty and ready to be loaded with all the dirty dishes in the sink. Run the dishwasher and you are set to go again.

In contrast, my wife believes sinks should not have a bottom. Nothing stays in the sink. Further, any dishes left in the dishwasher after cleaning are in risk of self-destructing if not put in the cupboard quickly. With that perspective, you can imagine the fun we had the first couple years of marriage.

If I decide to empty the dishwasher, it's not because I think it's important, it *needs* to be done, or because I share in the responsibilities of the house. It's not even because she will be upset if I don't (she gave up on that years ago). If I empty the dishwasher, it's because I choose to be a loving husband. I empty the dishwasher because I know it's important to her and I want to serve her by doing it for her.

If she opens the dishwasher to empty it and finds it empty her initial response is "Oh good. I don't have to do that." While this is a positive response—I want more. I'm looking for the "Awe, that was sweet. He emptied the dishwasher for me."

That's the role of the "Because I Love You" card. When she looks into the empty dishwasher and sees the "Because I Love You" card, she is reminded that the only reason I emptied it is because I love her and wanted to do this for her.



### **Do something for your spouse just because you love them!**

If you do a task for them, give them a gift, or do anything that is considerate and thoughtful, include this special card with the act.

Pass this card back and forth between you. Don't be the person who keeps it the longest.

Visit our web site at [www.IntimateMarriage.org](http://www.IntimateMarriage.org) for detailed instructions and more ideas.

The "Because I Love You" card helps you emphasize the big and little things we do for each other. For most couples, there are a host of things we do out of love for our spouse. Over time, it's easy for them to become unnoticed or even expected. The "Because I Love You" card helps to remind both of you of the real motivation for your behavior.

Occasionally couples learn that they have difficulty identifying things they do for each other. Playing "Hot Potato" with the card encourages us to think of some creative ways to pass the card to our spouse. This alone can increase passion in your marriage.

#### **Common ideas include:**

- Attach the card to a bouquet of flowers.
- Sneak their favorite snack and the card into their work bag.
- Thoroughly clean their car and leave the card behind.
- Buy a pair of shoes, tie, or a negligee and leave it where they will find it and the card.
- Have their favorite meal prepared when they arrive home with the card on their plate.



#### **Share an idea.**

How have you used the card? Go to our website and let us know. You'll find ideas there you might want to try also.