

CARE Inventory

Below are six discussion questions to help you and your partner “inventory” and better understand the dynamics of CARE in your relationship. These questions are designed to help you better understand what helps each of you feel safe, secure, and cared for. The goal is not to find “right” answers or solve every challenge in one conversation. Be careful not to let your responses become criticisms or evaluations of each other. This conversation should lean toward curiosity, understanding, and encouragement.

Before you sit down together, take some time, at least a day before you talk, to look at the questions alone and make some notes about your answers. Your pre-reflections will help make the dialogue between the two of you more meaningful.

- 1. What are two or three things that help you feel especially cared for?**
- 2. When you think of the word “safe,” what pictures, experiences, or feelings come to mind?**
- 3. When you are upset or stressed, what helps you feel invited into a comforting and emotionally safe conversation?**
- 4. What helps calm you most - some type of physical touch or verbal reassurance? What type of touch or words help the most?**
- 5. Can you think of any small gestures I have done for you in the past that were very meaningful? How did those things help?**
- 6. Are there times when it is difficult to receive care, comfort, or reassurance from me? What tends to make it difficult in those moments?**

Reflecting on all that we have shared in these questions, what is one small thing that you are committed to practicing in the coming weeks to help your partner feel more cared for?

I hope your conversation deepens your sense of connection.

Dr. Mark DeYoung, LMFT