

Love Skills for Expanding Love

by Shannon & Scott Peck

- Check in/Tune in
- Create unity in making decision
- Cherish each others dreams
- Listen with empathy
- Reflect back
- Validate feelings
- Use patience & kindness
- Lift the other higher
- Speak with kindness
- Apologize if needed (it always helps)
- Restore good feelings & love
- Forgive & move higher