



ACT WITH LOVE · COMMITTED ACTION

SMALL MOVES THAT MATTER

Living your values with a partner is built from small, repeatable actions, not grand gestures. A hug, a thank-you, a chore taken off their plate: on their own they look minor, and together they are most of what a relationship is made of. This ACT worksheet, from Russ Harris's ACT with Love, gives you four channels for those small moves.

FOUR WAYS TO SHOW IT

Harris names three core values for a loving relationship: connection, caring, and contribution. You put those values into practice through what you say, what you do, how you touch, and where you place your attention. Here are the four channels to work with.

- 1 Words**
What you say that builds connection or shows you care. "I love you," "I'm here for you," "thank you," "I'm sorry," said and meant. Texts, notes, and cards count.
- 2 Gestures**
Actions that contribute to your partner's day: cooking a meal, handling a chore they dread, organizing a night out, a small gift.
- 3 Physicality**
Connection through the body: a hug, a kiss, holding hands, a hand on the back, sitting close on the couch.
- 4 Attention**
Turning toward them with your presence: asking about their day and listening, putting the phone down, remembering the small thing they mentioned.



THIS WEEK

Pick one small move in each channel and do it this week. Small and repeated matters more than big and rare, so keep each one easy enough that you'll follow through.

One thing I'll SAY

e.g. a word of appreciation, an apology, an I-love-you

One GESTURE I'll do

e.g. a chore, a meal, a small gift, a plan

One way I'll connect PHYSICALLY

e.g. a long hug, holding hands, sitting close

One way I'll give ATTENTION

e.g. ask about their day and listen closely, phone away

If my partner does one of these for me, how I'll let them know it landed

You don't have to plan a grand gesture to be a good partner. A week of small moves, done and meant, tells your partner where they stand more clearly than any single big one. Pick the channels that come least naturally to you and start there. If the small moves have stopped and you're not sure how to begin again, that's something couples therapy can help with. Adapted from Russ Harris's *ACT with Love* (values-guided actions; the core values of connection, caring, and contribution). My Mental Climb is not affiliated with or endorsed by Russ Harris or the developers of ACT.

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