



Partner Play: The “I Love You” Game

Discover how much you can say with just three words. In this exercise, you take turns saying that very basic phrase, “I love you” while varying the emphasis, timbre and emotional intonation.

Gaze in each other’s eyes. You might begin with “I love you” with the emphasis on the ‘love.’ Your partner may respond emphasizing the ‘you.’ Then it’s your turn to return the phrase with whatever intonation you’re inspired to use.

When the time feels right, randomly intersperse “You love me.” This can be a declaration or an inquiry: “You love me?” “I LOVE you!”

Variations on this game: ‘I really love you.’ ‘You really love me.’ ‘I love you so much.’ Discover what resonates.