

## Relationship Battery Exercise

Take a moment and reflect on the notion of what helps charge and drain the battery. Work with your family and partner to find ways to stop draining the battery and add things to charge the battery.

What Charges the Battery? (Personally)	What Drains the Battery (Personally)

What Charges the Battery? (Family)	What Drains the Battery (Family)

What Charges the Battery? (Relationship)	What Drains the Battery (Relationship)

Remember Love Languages when thinking about ways to charge:

- 1) Acts of service
- 2) Touch
- 3) Quality Time
- 4) Words
- 5) Gift Giving

Remember What Typically Drains the Battery when thinking about how to help:

- 1) Fighting
- 2) Neglect
- 3) Lack of valuing the person