

ASK-EXERCISE 100

1. Make me a cup of tea in a specific way
2. Send back a meal or drink that wasn't made the way you asked
3. food or coffee to be heated up
4. pick up/ drop off your kids at school
5. pick up mail/ water plants
6. help move furniture
7. help with a current challenge
8. listen to you vent
9. do a specific chore or task that is usually yours
10. do a specific chore or task that is usually theirs
11. give you a massage (foot, shoulder, sensual, full body etc)
12. bring you food or coffee when they arrive
13. buy you a specific gift
14. lend you money
15. repay money you loaned
16. lend you a book
17. lend you a tool
18. lend you some equipment
19. teach you how to do something
20. ask for a recipe
21. invite for a coffee
22. invite for a meal
23. come to visit you
24. a shoulder to cry on
25. a testimonial

THE SUGAR DOCTOR

By Tara Whitewood

26. write you a letter
27. to put down their phone
28. advice on someone to help solve a problem (a tradie, a coach, a solicitor, a naturopath)
29. to cancel a date at short notice
30. to reschedule a date you have made
31. to change their plans to suit your preference, even though you COULD do it that way
32. drop you off somewhere or pick you up
33. meet you somewhere convenient for you (and not them)
34. to pick up the pieces because you need a break right now
35. an orgasm
36. a love letter
37. specific change from a purchase
38. to allow you time to make a decision
39. to drop everything and come to you
40. do an activity together
41. share some information with you
42. introduce you to a friend or colleague of theirs
43. make a decision
44. change their behaviour in a small way
45. change their behaviour significantly
46. give you feedback
47. listen to your feedback
48. do some work for you (personal or professional)
49. do something crap that you REALLY don't want to do
50. accept your veto on something