

► **Exercise:**            **7-Week Guide for Creating Fondness & Admiration**

**Instructions:** The following checklist contains items that are relationship-enhancing thoughts that can replace the distress-maintaining thoughts that lead to the distance and isolation cascade. Take this checklist to work with you and do the tasks suggested below. Do one a day. Try to genuinely think and rehearse these positive thoughts about your partner and your relationship.

**Week 1:**

- I am genuinely fond of my partner. *List one characteristic you find endearing or lovable.*
- I can easily speak of the good times in our relationship. *Pick one good time and write a paragraph about it.*
- I can easily remember romantic, special times in our relationship. *Pick one such time and think about it.*
- I am physically attracted to my partner. *Think of one physical attribute you like.*
- My partner has specific qualities that make me proud. *Write down one characteristic that makes you proud.*

**Week 2:**

- I feel a genuine sense of “we” as opposed to “I” in this relationship. *Think of one thing that you both have in common.*
- We have the same general beliefs and values. *Describe one belief you both have.*
- We have common goals. *List two such goals.*
- My partner is my best friend. *What secret about you does your partner know?*
- I get lots of support in this relationship. *Think of a time that you got really good support.*

**Week 3:**

- My home is a place to come to get support and reduce stress. *List a time when your partner helped you reduce stress.*
- I can easily recall the time we first met. *Describe it on paper.*
- I remember many details about deciding to get married. *Describe it in a paragraph.*
- I can recall our wedding and honeymoon. *Describe one thing about them you enjoyed.*
- We divide up household chores in a fair way. *Describe one way that you do this on a regular basis.*

**Week 4:**

We have planned things and have a sense of control over our lives together. *Describe one thing you both planned together.*

I am proud of this relationship. *What are you proud of?*

I am proud of my family. *Be specific about a time you felt this pride.*

There are some things I don't like about my partner but I can live with them. *What are these minor faults?*

This relationship is a lot better than most I have seen. *Think of a relationship you know that's awful.*

**Week 5:**

I was lucky to meet my partner. *List one benefit being with your partner conveys to you.*

Relationships are sometimes a struggle, but it's worth it. *Think of one difficult time you weathered together.*

There is a lot of affection between us. *Plan a surprise gift for your partner for tonight.*

We are genuinely interested in one another. *Think of something to do or to talk about together that would be interesting.*

We find one another to be good companions. *Plan an outing together.*

**Week 6:**

There is lots of good loving in my relationship. *Think of a special trip you took together.*

My partner is an interesting person. *Plan something to ask your partner about that interests both of you.*

We respond well to one another. *Write a love letter to your partner and mail it.*

If I had it to do over again, I would be involved with or marry the same person. *Plan an anniversary (or other) getaway.*

There is lots of mutual respect in my relationship. *Take a class together.*

**Week 7:**

Sex is usually quite satisfying in this relationship. *Plan an evening of massage.*

We have come a long way together. *Think of all you have accomplished as a team.*

I think we can weather any storm together. *Reminisce about having made it through a hard time.*

We enjoy each other's senses of humor. *Rent a comedy video, and watch it together.*

My partner can be very cute. *Get very dressed up for an elegant evening together.*