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| **Chart for Exercise 15****Appreciations and Extra Positive Moments**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| ***Please list some things your partner said or did lately that you appreciated:***  |
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| ***Please list some recent moments when you felt extra-positive******about your partner or about your relationship:*** |
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| ***Please list some “best of” appreciations and extra-positive moments*** ***from your past daily exercises:*** |
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| **Yes** | **No** |  |
|  |  | After identifying each appreciation or positive moment, did you engage in one inhale and a long, slow-release exhale while inviting good feelings to come up inside of you? |
|  |  | Did you remember to pull your shoulders back and symbolically open your heart while you were inviting good feelings? |
|  |  | Did you let your partner know that you appreciated any of the above things she did, or let her know that you especially enjoyed any of the extra-positive moments? If so, which ones? (list the numbers): |
| Thoughts about today’s exercise |  |