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| **Chart for Exercise 16**  **Increasing the Enjoyment You Get from Physical Affection**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | | |
| **Yes** | **No** | |  |
|  |  | | Did you initiate random hugs with your partner today? |
|  | | | Approximately how many hugs did you exchange with your partner today?  (Enter number in box to the left) |
|  | |  | Did you initiate at a 5-minute cuddle time today? |
| As you were making affectionate contact… | | | |
|  | | | In the box to the left, please rate on a scale of 1-10 how much you relaxed your body and slowed your breathing (1=I didn’t even think of it; 10=I did it every time). |
|  | | | In the box to the left, please rate on a scale of 1-10 how much you paid attention to the sensations that were generated through the affectionate contact with your partner  (1=I didn’t even think of it; 10=I did it every time). |
|  | | | In the box to the left, please rate on a scale of 1-10 how much the physical affection felt good to you (1=not at all; 10=full enjoyment). |
|  | | | If it felt good, to what degree were you able to savor the good feeling?  (1=not at all; 10=full savoring) |
| If the affectionate contact felt neutral… | | | |
|  | |  | Did you avoid faking good feelings while continuing to *invite* good feelings, noticing anything that could be remotely enjoyable about the contact? |
|  | |  | Did you remind yourself that good feelings would eventually come if you continued inviting them while engaging in this process? |
|  | |  | Did you remind yourself that this affectionate contact was physically good for you? |
|  | |  | Did you picture yourself being like dry, chapped skin and your partner’s affectionate contact being like soothing moisturizing lotion (or did you picture a similar analogy)? |
| If it felt uncomfortable… | | | |
|  | |  | While you were still feeling the discomfort, did you discontinue the contact and sit with yourself for a few minutes to see if you could sense what it was that made you uncomfortable, then try talking to your partner about it? |
| Thoughts about today’s exercise | | |  |