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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 |  |