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| **Chart for Exercise 17**  **Reduce Your Partner’s Stress**  (*Developing Habits for Relationship Success v. 5.0 – p. 278)*  **Name: Date:** | | |
| 1. Write down at least 5 things that you could do if you wanted your partner to feel less stressed or overwhelmed. These are things that you wouldn’t have ordinarily done for yourself (at least not yet). You would be doing them solely to make her day smoother or less stressful. | | |
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| 1. Make sure that you have read the section in Chapter 18 on Sustained Inviting. Then, one at a time, picture yourself doing these things. For each thing you are visualizing, take a big breath and let the air out slowly, inviting good feelings to come up inside of you. Pull your shoulders back and symbolically open your heart while you invite feelings of warmth and fondness for your partner. For each item, spend at least 10 seconds exhaling, inviting good feelings, and saying to yourself things like “That will be nice,” or “It will feel good to know that I’m being helpful.” | | |
| **Yes** | **No** |  |
|  |  | As you pictured yourself doing these things, 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? |
| 1. Next to each item in step 1 above, write down the time blocks you will devote to implementing each item. Just before you begin doing each of these things, take a few moments to go through the process described in Step 2 again. | | |