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| **Chart for Exercise 21****Know Your Partner’s Interest**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| 1. Make a list of 5 topics or pursuits that you know your partner is interested in.
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| 1. For each of these interests, think of one way that you could become more knowledgeable about it. For example, you could read about it, join your partner in an activity related to it, ask your partner to describe what she likes best about it, etc. Write down your answers. Be specific. For example, rather than “Read something about it,” write “Read that article from Newsweek that my partner mentioned.”
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| 1. Make sure that you have read the section earlier in Chapter 18 on Sustained Inviting. Now review the list you created in step 2. As you review each item, take a big breath and let the air out slowly, inviting feelings of joy, enthusiasm, and a good attitude about learning more about something that your partner is interested in. Pull your shoulders back and symbolically open your heart while you invite these feelings. For each item, spend at least 10 seconds exhaling, inviting good feelings, and saying to yourself things like “This can be a nice way for us to connect.”
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| **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? |