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| **Chart for Exercise 22****Interest and Empathy Towards Your Partner**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| **Yes** | **No** |  |
|  |  | Did your partner send her answers to the three questions? |
|  |  | Did you set the timer and continue the exercise throughout your chosen time allotment? |
|  |  | Did you picture your partner navigating the situation that was causing the most worry or concern? What difficult feeling(s) might she be having? |
|  |  | Did you remember a specific time when you may have had a measure of the same sort of feelings due to a situation that you were dealing with?  |
|  |  | Did you invite a feeling of empathy or concern for your partner to come up in you as you pictured her in this situation?  |
|  |  | Please describe the quality or state of mind that you wished for her to have as she navigated this situation: |
| ***What are some questions that you will want to ask your partner*** ***at the end of the day about her challenging situation?*** |
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|  |  | Did you picture your partner progressing through all phases and main events of her day? |
|  |  | Did you invite feelings of curiosity and interest as you pictured her? |
| ***What are some questions that you will want to ask your partner*** ***at the end of the day about various aspects of her day?*** |
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|  |  | Did you visualize your partner having good feelings during the parts of her day that she anticipated that she would enjoy the most? What difficult feeling(s) might she be having? |
|  |  | Did you think of a recent similar situation in your own daily life where you enjoyed yourself? What was it? *Enter your answer here:* |
|  |  | Did you invite some of these same feelings to come up inside of you as you thought about your partner in her situation? |
| ***What are some questions that you will want to ask her at the end of the day about*** ***her anticipated enjoyable experiences?*** |
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|  |  | At the end of the day, did you ask your partner questions about her anticipated enjoyable experience(s)? |
|  |  | As she described her experience(s), did you invite feelings of genuine interest and empathy to come up inside of you?  |
| Thoughts about today’s exercise |  |