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| **Chart for Exercise 23****Everyday Interest and Empathy**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| **Yes** | **No** | Before beginning your activities of the day, did you take a moment to remind yourself that you were going to… |
|  |  | * spend just a little more time today with people who you cross paths with,
* initiate contact with at least one person today that you wouldn’t ordinarily interact with,
* and tune into each person you interact with a little bit more than you normally do?
 |
| Below, please list each person you came into contact with and did the following things:* You spent just a moment wanting or inviting an “*I’m-glad-to-see-you*” kind of feeling to come up inside of you. You took a big breath, let the air out slowly, pull your shoulders back, and symbolically open your heart while you invite these feelings.
* You noticed one thing you find pleasant or likable about this person. As you noticed this thing, you invited good feelings to come up inside of you.
* You paid attention to things that you might not normally notice.
* When this person talked, you invited feelings of interest to come up inside of you. You encouraged yourself to *want* to be interested, even if you’re having a hard time actually being interested.
* You ended your interaction by silently wishing this person well while inviting feelings of goodwill, affinity, loyalty and fondness to come up inside of you?
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| Name: | Things I noticed: |
| Name: | Things I noticed: |
| Name: | Things I noticed: |
| Name: | Things I noticed: |
| Yes | No | Did you take a few moments to tell your partner about your experiences cultivating “everyday interest and empathy” today? |
| Thoughts about today’s exercise: |  |