|  |  |  |
| --- | --- | --- |
| **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? | | |
| 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: | |  |