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| **Chart for Exercise 24**  **End-of-Day Reunions**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | | |
| **Yes** | **No** | |  |
|  | | | Did you devote the 10 minutes prior to reuniting exclusively to the task of trying to get into a good frame of mind for your reunion? |
| What did you do in order to get into a good frame of mind? (check one or more)  \_\_ Relax your body, taking 2 or 3 big inhales followed by long, cleansing, slow-release exhales.  \_\_ Get out of your head and into your body, taking in the sensory sights and sounds around you.  \_\_ Think about good things that you sometimes take for granted.  \_\_ Think about good things that have happened recently.  \_\_ Other (please explain): | | | |
|  | |  | Did you take a few moments to think about what your partner’s day as been like, and what you would want to ask about her day? |
|  | |  | Did you picture being in a good mood when you first would see your partner, smiling and making affectionate contact? |
| Thoughts about today’s exercise: | | |  |