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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: |  |