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| **Chart for Exercise 26**  **Increasing the Enjoyment You Get from Emotional Support**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| 1. Make sure that you have read the section in Chapter 18 on [Sustained Inviting](#Sus_Inv). | | |
| 1. Ask your partner if she would be willing to set aside 10-15 minutes each day to listen to you talk about the highs and lows of your day. Let her know that you’re trying to get better at enjoying the feeling of being understood and supported as you talk about things that made you feel good and bad during the day. | | |
| 1. Give your partner the [*Guidelines for Being a Good Confidant*](#Guide_Confidant) in Chapter 18 to help her understand the kind of listening that would be helpful to you. | | |
| 1. Explain that you will talk about situations that don't have to do with her. This will not be a time to air your upsets with her. It will be a time to talk about your feelings about things or situations that don't involve her-- for example, how you feel about things that have happened at work, or in your friendships, or in your family relationships. | | |
| 1. Before you talk to your partner, review the [*Guidelines for the Speaker*](#Guide_Speak) from Chapter 18. | | |
| 1. *Take 5 minutes each day to prepare yourself for talking to her talk about frustrations. During these minutes:*    1. *Think of a time when you talked about something that was frustrating to you, and your partner (or the person listening) responded in a way that made you feel understood and supported.*    2. *As you remember your partner’s attentive and supportive response, relax your body. Take a big inhale and then let the air out slowly. As you are inviting good feelings, remind yourself, “This is good for me. I can afford to take a moment and enjoy being cared for.”* | | |
| **Yes** | **No** |  |
|  |  | As you pictured yourself doing these things and saying these things to yourself, did you engage in one inhale and a long, slow-release exhale while inviting good feelings to come up inside of you? |
|  |  | Did you remember to pull your shoulders back and symbolically open your heart while you were inviting good feelings? |
| 1. Later, as you are speaking live to your partner, relax and invite good feeling when your partner seems understanding and supportive. | | |
| 1. After the live conversation, take a few moments to reflect back on the conversation, and complete the chart, “Your Experience Speaking” on the following page | | |