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| **Chart for Exercise 28****Looking for Attention and Affirmation**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| Before beginning your activities of the day, did you take a moment to… |
| **Yes** | **No** |  |
|  |  | Remind yourself that you were going to try to consciously enter each interaction that you had during the day with the hope that you would receive a little bit of loving attention or affirmation? |
|  |  | Remind yourself that you were going to increase the odds of getting affirmation by making sure that you gave it in each interaction you had with others throughout the day? |
| Below, please describe your interactions with people who said or did things that made you feel that they were interested in you or they were enjoying interacting with you. As you write about each interaction, take a moment to invite good feelings to come up inside of you. Take a big breath and let the air out slowly, inviting the good feelings to come up inside of you as you savor the experience. Pull your shoulders back and symbolically open your heart while you invite good feelings. |
| Name: | Things that this person said or did that communicated interest or enjoyment: |
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| **Yes** | **No** | Did you take a few moments to tell your partner about your adventures in looking for affirmation today? |
| Thoughts about today’s exercise: |  |