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| **Chart for Exercise 32****Pictures and Videos**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| ***Please list some positive memories that came up while reviewing pictures/videos today:***  |
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| **Yes** | **No** |  |
|  |  | While viewing and pondering positive memories associated with each picture or video you selected, did you engage in one inhale and a long, slow-release exhale, 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? |
|  |  | Did you share the pictures/videos you selected with your partner and talk to her about the good memories that you associate with the pictures/videos? |
| Thoughts about today’s exercise: |  |