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| **Chart for Exercise 34****Things I Like About Others**(*Developing Habits for Relationship Success v. 5.0)***Name: Date:** |
| **Please list the people who are part of your life. Then, list at least one positive quality of each person. Then, write down a specific time when you appreciated this quality.** |
| **Yes** | **No** |  |
|  |  | Did you set the timer and continue the exercise throughout your chosen time allotment? |
|  |  | Did you add at least one quality to the list today? |
|  |  | Did you tell your partner about the quality that you added today? |
| While you were thinking about each item… |
|  |  | Did you invite good feelings to come up inside of you? |
|  |  | Did you take a big breath, and let the air out slowly, relaxing your body as you did so?  |
|  |  | Did you pull your shoulders back and symbolically open your heart while you invited good feelings? |
| Thoughts about today’s exercise: |  |