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| **Chart for Exercise 35**  **Prioritizing Playfulness**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | | |
| **Yes** | **No** |  | |
|  |  | Did you spend a specific block of time today where your overriding goal was simply to invite a playful mood, improvise, goof around, and just have fun with whatever was happening?   * When was this time block? * What did you do to try getting into a playful mood? (describe below) | |
|  |  | Did you share with your partner the humorous/playful things that you saw or experienced during the day? | |
| Please list any playful interactions that you 1) saw happening between people, or 2) you experienced personally during the day. As you write each event down, invite good feelings to come up inside of you.  (add as many instances as you can remember) | | | |
| **Classify the playful things you did or witnessed today.** (optional)  Please use the following list to classify each of the playful activities that you listed above in terms of its particular form of playfulness. Go back through the list that you generated above. At the end of each playful moment that you identified, add a number from the classification list below, indicating the type of playful behavior that it was.   1. Teasing/kidding/poking fun 2. Mimicking/mocking/exaggerating 3. Doing or saying something unexpected or out of context 4. Playing a game that requires spontaneity or improvisation 5. Acting as if something important is quite trivial 6. Acting as if something trivial is quite important 7. Playfully threatening to do something that you probably shouldn’t 8. Spontaneously challenging or daring someone to do something 9. Physical horsing around 10. Acting as if an animal or object was human 11. Using something for the wrong purpose but acting as if this is it’s normal use 12. Deliberately doing something clumsily (tripping, slapping or hitting) while making it look like the blunder was accidental 13. Deliberately misinterpreting someone 14. Acting as if you don’t understand when you do 15. Playing with words 16. Saying something ridiculous with a straight face as if you really mean it 17. Other (please specify): | | | |
| Thoughts about today’s exercise: | | |  |