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| **Your Experience Receiving/Enjoying Emotional Support**  (*Developing Habits for Relationship Success v. 5.0)*  **Name: Date:** | | |
| What situations generated the good and not-so-good feelings that you talked to your partner about today? (describe below) | | |
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|  | In the box to the left, please rate on a scale of 1-10 how interested your partner seemed in what you were saying (1=not interested; 10=totally interested) | |
| What (if anything) did your partner say or do that made you a) feel that she was interested, and/or b) question how much she was interested? (describe below) | | |
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|  | In the box to the left, please rate on a scale of 1-10 how sympathetic or excited your partner seemed about what you were saying (1=not at all; 10= a lot) | |
| What (if anything) did your partner say or do that made you a) feel that she was sympathetic or excited, and/or b) question how much she was sympathetic or excited? (describe below) | | |
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|  | | In the box to the left, please rate on a scale of 1-10 how much you were able to relax and enjoy her emotional support. |
| What (if anything) do you think kept you from more fully enjoying her emotional support?  (describe below) | | |
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| Thoughts about today’s exercise: |  | |