

## #8 Fondness & Admiration - Relationship Enhancing Thoughts

Instructions: The following checklist contains items that are relationship-enhancing thoughts that can replace the stress-maintaining thoughts that lead to the “Distance and Isolation Cascade.” Take this checklist to work with you and do the tasks suggested below. The first line in italics is a thought you can repeat to yourself. The second line is an activity to complete. Do one a day. Try to genuinely think and rehearse these positive thoughts about your partner and your relationship.

### Week 1

Date: \_\_\_\_\_

*I am genuinely fond of my partner.*

- List one characteristic you find endearing or lovable.

*I can easily speak of the good times in our relationship.*

- Pick one good time and write a paragraph about it.

*I can easily remember romantic, special times in our relationship.*

- Pick one such time and think about it.

*I am physically attracted to my partner.*

- Think of one physical attribute you like.

*My partner has specific qualities that make me proud.*

- Write down one characteristic that makes you proud.

### Week 2

Date: \_\_\_\_\_

*I feel a genuine sense of “we” as opposed to “I” in this relationship.*

- Think of one thing that you both have in common.

*We have the same general beliefs and values.*

- Describe one belief you both have.

*We have common goals.*

- List two such goals.

*My partner is my best friend.*

- What secret about you does your partner know?

*I get lots of support in this relationship.*

- Think of a time that you got really good support.

**Week 3****Date:**\_\_\_\_\_

*My home is where I get support, comfort, and reduce my stress.*

- List a time when your partner helped you reduce stress.

*I can easily recall the time we first met.*

- Describe it on paper.

*I remember many details about deciding to commit to each other.*

- Describe it in a paragraph.

*I can recall our wedding and honeymoon (if applicable).*

- Describe one thing about them you enjoyed.

*We divide up household chores in a fair way.*

- Describe one way that you do this on a regular basis.

**Week 4****Date:**\_\_\_\_\_

*We have planned things and have a sense of control over our lives together.*

- Describe one thing you both planned together.

*I am proud of this relationship.*

- What are you proud of?

*I am proud of my family.*

- Be specific about a time you felt this pride.

*These are some things I don't like about my partner but I can live with them.*

- What are these minor faults?

*This relationship is a lot better than most I have seen.*

- Think of a relationship you know that's awful.

**Week 5****Date:**\_\_\_\_\_

*I was lucky to meet my partner.*

- List one benefit that being with your partner conveys to you.

*Relationships are sometimes a struggle, but it's worth it.*

- Think of one difficult time you weathered together.

*There is a lot of affection between us.*

- Plan a surprise gift for your partner for tonight.

*We are genuinely interested in one another.*

- Think of something to do or to talk about together that would be interesting.

*We find one another to be good companions.*

- Plan an outing together.

## Week 6

Date: \_\_\_\_\_

*There is lots of good loving in my relationship.*

- Think of a special intimate time you spent together.

*My partner is an interesting person.*

- Ask your partner about something that interests both of you.

*We respond well to one another.*

- Write a love letter to your partner and mail it.

*If I had to do it over again, I would choose to be with the same person.*

- Plan an anniversary (or other) getaway.

*There is lots of mutual respect in my relationship.*

- Think of a time when you admired your partner.

## Week 7

Date: \_\_\_\_\_

*Sex is usually quite satisfying in this relationship.*

- Plan an evening of massage.

*We have come a long way together.*

- Think of all you have accomplished as a team.

*I think we can weather any storm together.*

- Reminisce about having made it through a hard time.

*We enjoy each other's sense of humor.*

- Watch a comedy together.

*My partner can be very cute.*

- Get very dressed up for an elegant evening together.