



7-WEEK GUIDE FOR CREATING FONDNESS & ADMIRATION

Instructions: The following checklist contains items that are relationship-enhancing thoughts that can replace the distress-maintaining thoughts that lead to the distance and isolation cascade. Take this checklist to work with you and do the tasks suggested below. Do one a day. Try to genuinely think and rehearse these positive thoughts about your partner and your relationship.

WEEK ONE

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 TWO

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 THREE

My home is a place to come to get support and reduce 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 get married. **Describe it** in a paragraph.

I can recall our wedding and honeymoon. **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.