



7-WEEK GUIDE FOR CREATING FONDNESS & ADMIRATION

WEEK FOUR

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.

There 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 FIVE

I was lucky to meet my partner. **List one** benefit 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 SIX

There is lots of good loving in my relationship. **Think** of a special trip you took together.

My partner is an interesting person. **Plan** something to ask your partner about that interests both of you.

We respond well to one another. **Write** a love letter to your partner and mail it.

If I had it to do over again, I would be involved with or marry the same person. **Plan** an anniversary (or other) getaway.

There is lots of mutual respect in my relationship. **Take** a class together.

WEEK SEVEN

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 senses of humor. **Rent** a comedy video, and watch it together.

My partner can be very cute. **Get** very dressed up for an elegant evening together.