A Seven-Week Course In Fondness And Admiration

(1) For each day below there is a positive statement or thought followed by a task.

**Week I**

**Monday**
Thought: I am genuinely fond of my partner.
Task: List one characteristic you find endearing or lovable.

**Tuesday**
Thought: I can easily speak of the good times in our marriage.
Task: Pick one good time and write a sentence about it.

**Wednesday**
Thought: I can easily remember romantic, special times in our relationship.
Task: Pick one such time and think about it.

**Thursday**
Thought: I am physically attracted to my partner.
Task: Think of one physical attribute you like.

**Friday**
Thought: My partner has specific qualities that make me proud.
Task: Write down one characteristic that makes you proud.

**Week II**

**Monday**
Thought: I feel a genuine sense of “we” as opposed to “I” in this relationship.
Task: Think of one thing that you both have in common.

**Tuesday**
Thought: We have the same general beliefs and values.
Task: Describe one belief you share.

**Wednesday**
Thought: We have common goals.
Task: List one such goal.

**Thursday**
Thought: My partner is my best friend.
Task: What secret about you does your spouse know?

**Friday**
Thought: I get lots of support in this relationship.
Task: Think of a time when your spouse was very supportive of you.

**Week III**

**Monday**
Thought: My partner helps me to reduce stress.
Task: List one time when your spouse helped you reduce stress.

**Tuesday**
Thought: I can easily recall the first we met.
Task: Write a sentence describing what you remember.

**Wednesday**
Thought: I remember many details about deciding to get married.
Task: Write a sentence describing what you remember.

**Thursday**
Thought: I can recall our engagement.
Task: Write a sentence about what you remember

Friday
Thought: We divide up tasks in a fair way.
Task: Describe one way you do this on a regular basis. (If you do not do your share decide on a task to take on.)

**Week IV**
Monday
Thought: We are able to plan well and have a sense of control over our lives together.
Task: Describe one thing that you both planned together.

Tuesday
Thought: I am proud of this relationship.
Task: List two things about this marriage that you are proud of.

Wednesday
Thought: I am proud of my future spouse.
Task: Recall a specific time you felt this pride.

Thursday
Thought: I don’t like things about my partner, but I can live with them.
Task: What is one of these minor faults you have adapted to?

Friday
Thought: This relationship is a lot better than most I have seen.
Task: Think of a marriage you know that’s awful.

**Week V**
Monday
Thought: I was really lucky to meet my partner
Task: List one benefit that being in relationship with your partner offers.

Tuesday
Thought: Marriage is sometimes a struggle but it’s worth it.
Task: Think of one difficulty thing that you have weathered together so far.

Wednesday
Thought: There is a lot of affection between us.
Task: Plan a surprise gift for your partner for tonight.

Thursday
Thought: We are genuinely interested in one another.
Task: Think of something to do or talk about that would be interesting.

Friday
Thought: We find one another to be good companions
Task: Plan an outing together.

**Week VI**
Monday
Thought: There is a lot of healthy living in my relationship
Task: Think of a special trip you took together.

Tuesday
Thought: My partner is an interesting person.
Task: Plan something to ask your partner about that interests the both of you.

Wednesday
Thought: We respond well to each other.
Task: Write a letter to your partner and mail it.
Thursday
  Thought: If I had to do it all over again, I would still plan to marry the same person.
  Task: Plan an engagement anniversary outing.

Friday
  Thought: There is a lot of mutual respect in my relationship.
  Task: Consider taking a class together (ballroom dancing, horseback riding, etc) Or tell your partner about a time when you recently admired something he or she did.

Week VII
Monday
  Thought: Our time together is usually quite satisfying.
  Task: Plan a romantic evening together.

Tuesday
  Thought: We have come a long way together.
  Task: Think of all you have accomplished as a team.

Wednesday
  Thought: I think we can weather any storm together.
  Task: Reminisce about having made it through a hard time.

Thursday
  Thought: We enjoy each other’s sense of humor.
  Task: Rend a comedy video or dvd and watch together.

Friday
  Thought: My partner is very beautiful/handsome
  Task: Get dressed up for an elegant evening together. Or plan another kind of evening out.