

## A Seven-Week Course In Fondness And Admiration

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

---

Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).