Gottman Fondness & Admiration Exercises

Thought: I can easily speak of good times in my relationship. **Task**: Pick a good memory and write one sentence about it.

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

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

Thought: I feel a sense of "we" instead of "I' in this relationship.

Task: Write one thing you both have in common.

Thought: I get lots of support in this relationship.

Task: Write a time when your partner was very supportive.

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Fondness And Admiration Exercises

CH Cherryholmes

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Decoding Fondness And Admiration Exercises: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Fondness And Admiration Exercises**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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