

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.

Fondness And Admiration Exercises

Mark Steyvers



Fondness And Admiration Exercises:

Unveiling the Magic of Words: A Report on "**Fondness And Admiration Exercises**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Fondness And Admiration Exercises**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

<https://staging.conocer.cide.edu/data/book-search/Documents/Experiments%20In%20Behaviour%20Therapy.pdf>

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Fondness And Admiration Exercises Introduction

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