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

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Fondness And Admiration Exercises:

Whispering the Techniques of Language: An Emotional Journey through Fondness And Admiration Exercises

In a digitally-driven world wherever displays reign supreme and quick interaction drowns out the subtleties of language, the profound techniques and psychological nuances concealed within phrases often get unheard. Yet, situated within the pages of **Fondness And Admiration Exercises** a charming literary treasure pulsing with fresh emotions, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this charming opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the material of every word. Within the mental depths of the poignant evaluation, we shall embark upon a sincere exploration of the book is primary styles, dissect its charming writing style, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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