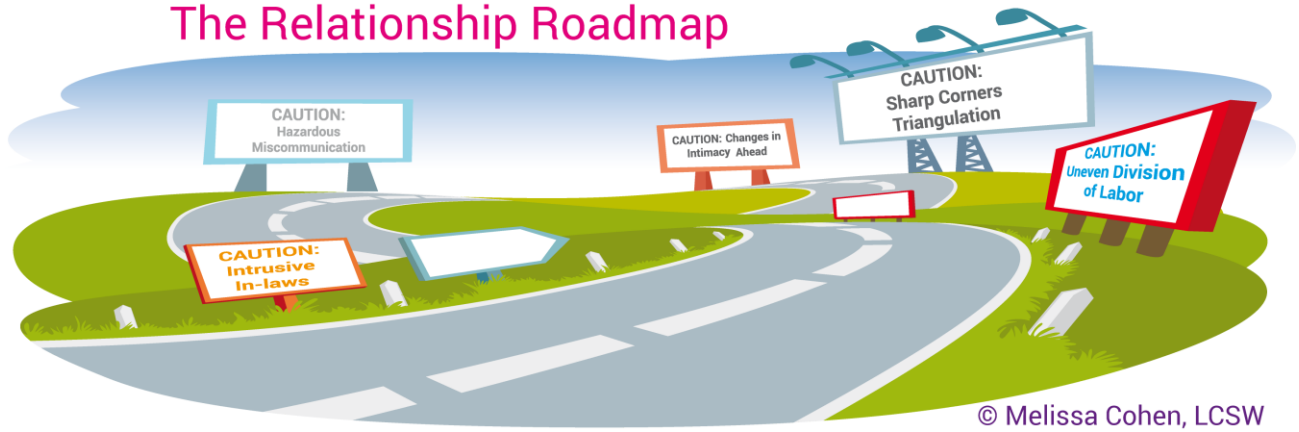


# The Relationship Roadmap



## Affection and Admiration

Practicing these exercises can protect your marriage from negative override. They are designed to help you revive positive feelings of affection and admiration for each other.

### Week 3:

#### Monday

- Thought: I can easily recall the time we first met.
- Task : Write about that first meeting.

#### Tuesday

- Thought: I remember many details about our engagement.
- Task: Write about your favorite part of the story.

#### Wednesday

- Thought: I have great memories our wedding and honeymoon.
- Task: Write about one of your positive memories.

#### Thursday

- Thought: We divide up household chores in a fair way.
- Task: Write about one way you do this on a regular basis.

#### Friday

- Thought: We are doing a good job running this household.
- Journal: Describe one moment when you felt like a team.