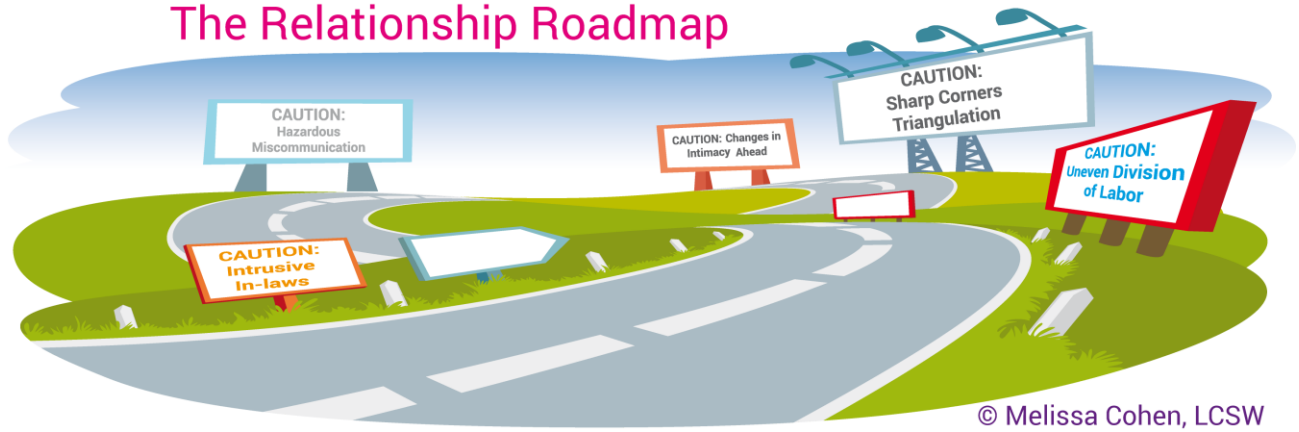


The Relationship Roadmap



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 4:

Monday

- Thought: We are able to plan together well.
- Task: Write about one thing you both planned together.

Tuesday

- Thought: I am proud of this marriage.
- Task: Write two things about this marriage that you are proud of.

Wednesday

- Thought: I am proud of my family.
- Task: Write about a specific time when you felt especially proud.

Thursday

- Thought: There are things about my partner I might not like, but I can live with them.
- Task: Write about one of the minor faults you come to accept?

Friday

- Thought: We enjoy each other's company.
- Task: Write about a time that you felt it was particularly easy together.