

# 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 5:

#### Monday

- Thought: I am interested in what my spouse is excited by.
- Task: Write about a moment when you really enjoyed sharing in your partner's excitement.

#### Tuesday

- Thought: We have had a lot of laughs in this marriage.
- Task: Pick one funny moment and write about it.

#### Wednesday

- Thought: My home is a place that gives me a feeling comfort.
- Task: Write about a time when you felt like your home was a "soft place to land."

#### Thursday

- Thought: I still find my partner sexy.
- Task: Write about one characteristic that really makes you *want* your spouse.

#### Friday

- Thought: I trust my partner's good intentions.
- Task: Write about one moment when you can see how hard your partner is trying.