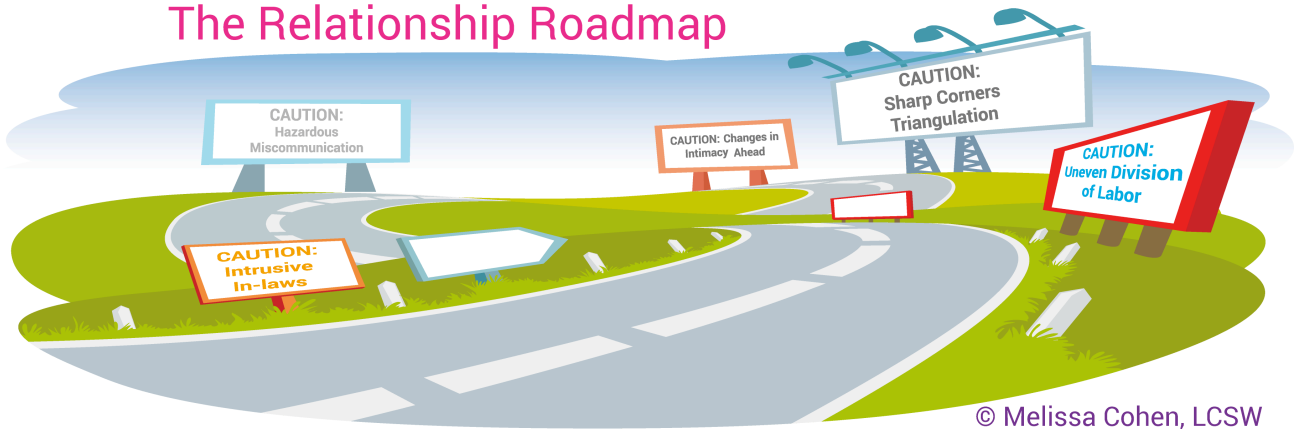


The Relationship Roadmap



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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 6:

Monday

- Affirmation: I trust my partner's judgment.
- Journal: Describe a time that you had a good outcome from trusting your partner's judgment.

Tuesday

- Affirmation: My partner and I share a lot of the same values.
- Journal: Write about the values you share.

Wednesday

- Affirmation: I have dreams I want to fulfill with my partner.
- Journal: Describe one of your dreams

Thursday

- Affirmation My partner supports me when I want to pursue a person goal or dream.
- Journal: Write about a dream or goal and how your partner can help you reach it.

Friday

- Retake the questionnaire from week 1. Have their been any improvements?