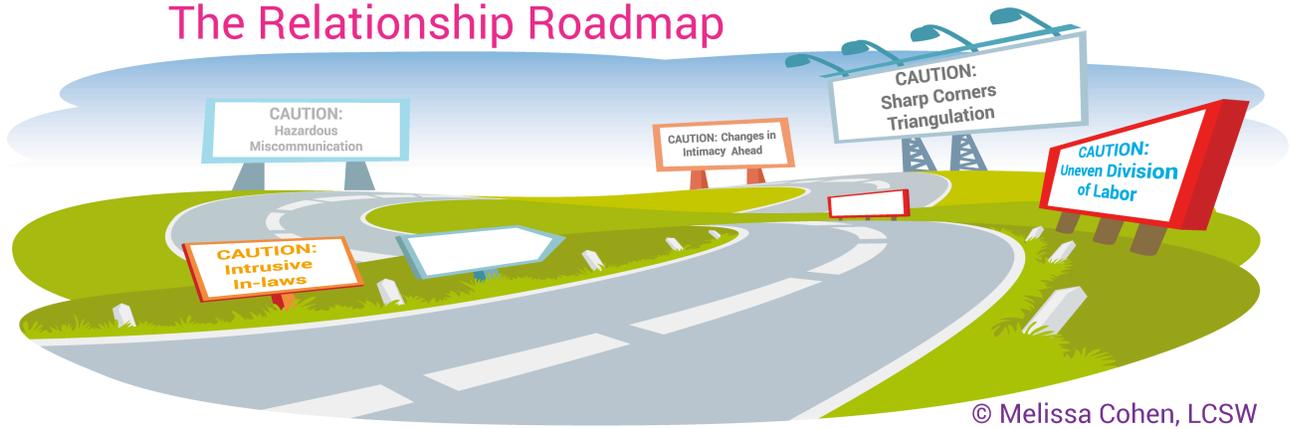


The Relationship Roadmap



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 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?