



Affirmations For Love & Connection

PARTNER A & B

Instructions:

3 times per day: morning, noon, and before bed come together and share 1 loving and supportive statement with your partner.

At the end of each day, reflect together on the following:

- What was it like doing the exercise?
 - What did you get out of the exercise?
 - How did the exercise impact the relationship?
 - How can we continue to use the exercise?
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Examples of loving and supportive words.

- I am open to receiving love.
- I am worthy of having a healthy and loving relationship.
- I am seen and respected in my relationship.
- I give myself permission to be vulnerable in my relationship.
- I am thankful for the kindness I receive in this relationship.
- My relationship is a safe place.
- My relationship holds space for growth.
- My voice is heard in my relationship.
- My partner and I love each other.
- My partner and I respect each other.
- My partner and I give each other space to grow and learn.
- My partner and I deeply love each other.
- I am comfortable sharing my thoughts and feelings in the relationship.
- I give and receive love freely in the relationship.
- My relationship has trust and honesty.