



Pouring Love

The exercise for today aims to encourage positive actions and space for gratitude. Successful couples have a ratio of far more positives to negatives. This exercise helps you do just that.

Introduction

Step 1: The exercise for today starts now and goes on and on. For the exercise, you will need a jar or container. Something simple and small like a small box, mug, or bowl. During the day, do your best to add slips of paper holding supportive words.

Step 2: At the end of the day, empty the container and read what your partner wrote.

Step 3: Express gratitude for what you have received.

Step 4: Common words of kindness to share

- Thank you for listening to me.
 - Thank you for hearing my needs.
 - Thank you for sharing your needs with me.
 - Thank you for working on our relationship.
 - When you did (X) I felt (X).
 - When you said (X) I felt (X).
 - Thank you for supporting me.
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