

## Build Positive Feelings in Your Relationship

This exercise will help you establish a new pattern of awareness. It requires you to notice the good, kind, and thoughtful acts that your partner does — that is, you need to ‘catch’ him or her doing something positive or ‘right.’

Each day make a note of something your partner does that helps your relationship. Let your partner know that you appreciate what he or she did. Watch for times when you felt cared about, helped, or understood, and try to identify specific things that led you to feel that way.

Record what you acknowledged and the response of your partner.

**Day 1 What positive act did you catch your partner doing?**

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**If you acknowledged the good you noticed your partner doing (you said something positive to your partner about what he or she did), how did he or she respond?**

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**Day 2 What positive act did you catch your partner doing?**

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## Build Positive Feelings in Your Relationship

If you acknowledged the good you noticed your partner doing (you said something positive to your partner about what he or she did), how did he or she respond?

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Day 3 What positive act did you catch your partner doing?

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If you acknowledged the good you noticed your partner doing (you said something positive to your partner about what he or she did), how did he or she respond?

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## Build Positive Feelings in Your Relationship

Day 4 What positive act did you catch your partner doing?

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If you acknowledged the good you noticed your partner doing (you said something positive to your partner about what he or she did), how did he or she respond?

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Day 5 What positive act did you catch your partner doing?

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## Build Positive Feelings in Your Relationship

Day 6 What positive act did you catch your partner doing?

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Day 7 What positive act did you catch your partner doing?

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Day 8 What positive act did you ' catch, your partner doing?

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