

7-WEEK GUIDE FOR CREATING

Fondness & Admiration

Daily Tools for Cultivating Deeper
Connection and Intimacy



The Gottman Institute

WEEK 1

Fondness and admiration are crucial to happy relationships. Remembering your partner's positive qualities strengthens the bond between you, even as you struggle with each other's flaws.

A stronger bond makes it easier to address problems and implement solutions. Fondness and admiration are also antidotes to contempt. Maintaining a sense of respect for your partner goes a long way in reducing the effects of the Four Horsemen (contempt, criticism, defensiveness, and stonewalling) when you disagree.

If fondness and admiration for your partner are fading, you can help bring them back with the following exercises. As simple as they may seem, the exercises have enormous power. Do them as often as you wish. If your relationship is already happy, working through the booklet is an excellent way to build on the good feelings between you.

Every positive thing you do in your relationship is foreplay.

-John Gottman

Monday

Thought: I am genuinely fond of my partner.

Task: List one characteristic you find endearing or lovable.

Tuesday

Thought: I can easily speak of the good times in our relationship.

Task: Pick one good time and write a sentence about it.

Wednesday

Thought: I can easily remember romantic, special times in our relationship.

Task: Pick one such time and write about it below.

Thursday

Thought: I am physically attracted to my partner.

Task: Write about one physical attribute you like.

Friday

Thought: My partner has specific qualities that make me proud.

Task: Write down one characteristic that makes you proud.

WEEK 2

94% of the time the way a discussion starts determines the way it will end.

-John Gottman



Monday

Thought: I feel a genuine sense of “we” as opposed to “I” in this relationship.

Task: Write one thing you both have in common.

Tuesday

Thought: We have the same general beliefs and values.

Task: Describe one belief you share.

Wednesday

Thought: We have common goals.

Task: List one goal.

Thursday

Thought: My partner is my best friend.

Task: What secret about you does your partner know?

Friday

Thought: I get lots of support in this relationship.

Task: Write a time when your partner was very supportive of you.

WEEK 3

Admit when you're wrong.
Shut up when you're right.

-John Gottman



Monday

Thought: My home is a place to come to get support and reduce stress.

Task: List a time when your partner helped you reduce stress.

Tuesday

Thought: I can easily recall the time we first met.

Task: Describe the first meeting on paper.

Wednesday

Thought: I remember details about deciding to become committed.

Task: Write a sentence describing what you remember.

Thursday

Thought: I can recall our wedding and honeymoon.

Task: Describe one thing about them you enjoyed.

Friday

Thought: We divide up household chores in a fair way.

Task: Describe one way you do this on a regular basis. If you do not do your share, decide on a chore you will take on (such as doing laundry).

WEEK 4

Every relationship is a cross-cultural experience.

-John Gottman



Monday

Thought: We are able to plan well and have a sense of control over our lives together.

Task: Describe one thing you both planned together.

Tuesday

Thought: I am proud of this relationship.

Task: List two things about this relationship that you're proud of.

1. _____
2. _____

Wednesday

Thought: I am proud of my family.

Task: Recall and write a specific time when you especially felt this pride.

Thursday

Thought: I don't like things about my partner, but I can live with them.

Task: What is one minor fault you have adapted to?

Friday

Thought: This relationship is a lot better than most I have seen.

Task: Think and write down a relationship you know that's awful.

WEEK 5

Behind every complaint there
is deep, personal longing.

-John Gottman



Monday

Thought: I was really lucky to meet my partner.

Task: List one benefit of being in a relationship with your partner.

Tuesday

Thought: Relationships are sometimes a struggle. But it's worth it.

Task: Write one difficult time you successfully weathered together.

Wednesday

Thought: There is a lot of affection between us.

Task: Plan a surprise gift for your partner tonight.

Thursday

Thought: We are genuinely interested in one another.

Task: Write something to do or talk about that would be interesting.

Friday

Thought: We find one another to be good companions.

Task: Plan an outing together.

WEEK 6

In relationships you need a habit of mind that scans the world for things to appreciate rather than things to criticize.

-John Gottman



Monday

Thought: There is lots of loving in my relationship.

Task: Think and write a special trip you took together.

Tuesday

Thought: My partner is an interesting person.

Task: Plan something to ask your mate about that interests both of you.

Wednesday

Thought: We respond well to each other.

Task: Write a love letter to your partner and mail it.

Thursday

Thought: If I had it to do over again, I would marry the same person.

Task: Plan an anniversary (or other) getaway.

Friday

Thought: There is a lot of mutual respect in my relationship.

Task: Tell your partner about a time recently when you admired something your partner did.

WEEK 7

Don't leave home without a kiss that lasts six seconds. That's worth coming home to.

-John Gottman



Monday

Thought: Sex is usually (or can be) quite satisfying in this relationship.

Task: Plan an erotic evening for the two of you.

Tuesday

Thought: We have come a long way together.

Task: Write down of all you have accomplished as a team.

Wednesday

Thought: I think we can weather any storm together.

Task: Reminisce about having made it through a hard time.

Thursday

Thought: We enjoy each other's sense of humor.

Task: Watch a comedy movie together. Record the title here.

Friday

Thought: My mate can be very cute.

Task: Get dressed up for an elegant evening together. Or, if you don't like that idea, plan another kind of evening out you would enjoy.

Fondness & Admiration

OTHER GOTTMAN
RELATIONSHIP GUIDES:

Avoid The Four Horsemen

Relaxation

Small Things Often

How to be a Good Listener

Aftermath of a Fight

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