

COUPLES EXERCISE

Affirmations

Without sharing with your partner, write down three meaningful self-affirmations. Next, write three affirmations about your partner that you believe will mean a lot to them. Share your affirmations with each other and discuss.

Some ideas for discussion:

- How are your self-affirmations similar to your partner's self-affirmations?
- How are your self-affirmations different from your partner's self-affirmations?
- Are your partner's affirmations for you more similar to or different from your self-affirmations? What do you think this means?
- How do your self-affirmations reflect the way you want to be treated in the relationship?
- How do your self-affirmations reflect your values?
- How do your affirmations for your partner reflect the way you treat them?
- How do your affirmations for each other reflect your relationship values?
- How can you improve on affirming your partner?



COUPLES EXERCISE

Affirmations: Partner 1 Worksheet

3 SELF-AFFIRMATIONS

1. _____

2. _____

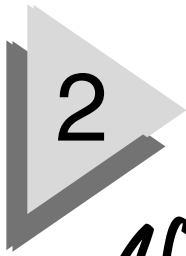
3. _____

3 AFFIRMATIONS FOR MY PARTNER

1. _____

2. _____

3. _____



COUPLES EXERCISE

Affirmations: Partner 2 Worksheet

3 SELF-AFFIRMATIONS

1. _____

2. _____

3. _____

3 AFFIRMATIONS FOR MY PARTNER

1. _____

2. _____

3. _____
