

3 WEEKS TO REKINDLE THAT POSITIVITY

1. Name one good thing that rhymes with your partner's first name. Repeat that phrase 3 times. Write it down next.
2. Close your eyes and picture a feature that you adore about your partner. Visualise it in front of your inner eye. Write or draw it down.
3. Remember an act of kindness that your partner performed that was meaningful to you. Let that scene replay like a short clip. Jot down its title.
4. Think of a recent struggle or challenge you both faced well together. Glitches aside, you did it! Now capture this in words on paper.
5. Allow your body to revisit a recent or any even distant intimate, tender moment. Recall your bodily sensations. Write that down.
6. Revisit the important time of you two meeting, dating or bonding. Pick one date and describe it one sentence.
7. An observation of what you appreciated about the other. From today, this past week or earlier. Go briefly back in time and express that appreciated now starting with "I appreciated when you .." and write it down.

1. Name a favorite activity or sport or pastime you two enjoy. You'd know best. Capture it.
2. Close your eyes and picture one distinguishing characteristic of your partner that especially you know so well. If you had to identify their body, what would you describe? Write it down.
3. Remember a special gift or experience the other gave you or prepared for you. Maybe add a photo.
4. Think of a time when the other was there for you when you needed them the most. You perhaps were in great need, felt alone, were desperate. What did your partner offer you in that time. Take note.
5. Allow your body to remember the last kiss. How would you describe it to a teenager who has never kissed before? Be creative. Describe it generously.
6. Revisit a time when you met someone who is close and important to your partner. Cherish that introduction, their way of inviting you into their family, circle and world. Who was it? Name it.
7. An observation of what the partner loves to do routinely. Recall in front of your inner eye how they perform that special routine - like a movie. Scene. What would you call it?

1. Name a dream that your partner has for both of you - or themselves, that includes you.
2. Close your eyes and formulate a need that you have. Anything that if you could voice it without risk, the other could and would fulfil. Dare to write that need down.
3. Remember a trip or adventure you both have been on. Why was it exciting? How did you cope and return back safely. Find a proof - ticket, photo, text, or simply name it.
4. Think of one of your partner's fears - reasonable or not - and how you respect that fear. Take a moment to appreciate your acceptance of it. Your accommodation and empathy.
5. Allow your body to taste again a shared meal or treat you both recently enjoyed. Name the dominant flavour.
6. Revisit a time when your partner showed you home, their place of origin or a milestone in their life. How did you feel? Write it down.
7. An observation of they treated your loved ones, friends, colleagues well. Replay that moment.