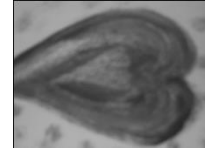


Creating a Wall Hanging



Couple Ritual

To ensure that you remain in a Heart-felt relationship, first you must think about the emotional tone you want. Many people have limited emotional languages, so I have included a list of feelings, which might be a place to start. What feelings are helpful, and which might erode your relationship?

Accused	Clever	Burdened	Breathless
Blamed	Skillful	Troubled	Bursting
Accosted	Smart	Tormented	Eager
Agonizing	Adroit	Subdued	Light
Brash	Brave	Detached	Happy
Yearning	Desirous	Depressed	Airy
Grieving	Daring	Confused	Lovable
Sore	Alive	Disgraced	Loving
Reckless	Alert	Humiliated	Devoted
Lively	On fire	Wary	Admiring
Competent	Feisty	Apprehensive	Amused
Annoyed	Excited	Hesitant	Pleased
Terrified	Roused	Timid	Understood
Feeble	Thrilled	Regretful	Accepted
Alienated	Astonished	Embarrassed	Validating
Volatile	Stunned	Flustered	Ardent
Heart broken	Cheered	Withdrawn	Warm
Awkward	Amused	Unworthy	Zealous
Concerned	Deft	Ugly	Intense
Restless	Smooth	Uneasy	Upbeat
Ambitious	Forceful	Gloomy	Affirmed
Angered	Confident	Burdened Despairing	Avowed
Disdainful	Bold	Lost	Admiring
Startled	Amazed	Hopeless	Passionate
Appalled	Flirtatious		Spirited

In the space below, write some words that describe how you feel much of the time:

Maintaining a Heart-felt (Joyful) state will take some effort. If a depressed mood is telling you that everything seems hopeless, then what little step might give you encouragement? Are there some basic unmet needs that contribute to your discouragement? Poor diet or habits? How can you hold yourself

accountable and stop doing the things that reinforce poor moods? How can you start working in some positive direction?

As an individual, you need to have many different strategies planned, so if something is not available (such as a gym for exercise to burn off frustrations) then you will have other options. Also, if you are trying to change some persistent destructive pattern, then outline solutions ahead of time. When you are already starting to get frustrated or distressed, it is much more difficult to figure out strategies.

Consider:

- Since we tend to program ourselves with self-talk, positive or destructive, what are the loving messages that you want to reinforce this week?
- What specific actions can you take to create a loving and connected mood with your beloved?
- How might you lovingly begin a conversation?
- How could you respond when things get tense and conflicted, so that you return to a loving state quickly?

Make a commitment for a week to nurture a specific feeling state in your relationship, and discuss with your partner. Fill out the Weekly Wall-covering exercise below.

Do you have thoughts like, “This is stupid” or “People can’t be trusted” or “No one loves me?” This could be an indication that there is an aspect of your life that you definitely need to work on.

Weekly Wall-covering

Date: _____

The emotion I plan to focus on this week:

The strategy I will use to strengthen this mood: _____

And if that doesn't work, I will: _____

And if that doesn't completely work, I will: _____

The belief I will affirm this week about the loving people in my life is:

A way my partner can help is: _____

What I would like to be able to do alongside my partner to promote this mood in our relationship (this week):

Signature: _____