

THE ADMIRATION JOURNAL

One of the ways to increase connection and open each other up to positive sentiment override is to start highlighting the positive actions and traits in your partner.

Here is how to get started:

1. Leave your new [beautiful journal](#) on top of the toilet with a pen inside it.
2. Every day write down one positive trait that you appreciate or admire about your partner.

Here are some examples:

I admire how you value your opinions and let me know what you are thinking.

I appreciate how you cooked me dinner and it reminded me how caring you are.

Resistance

Each partner needs to write in the journal **at least once everyday**. At first you may feel resistant to it. I encourage you even with these feelings to highlight something valuable in your partner. There are some things in life that bid us to push ourselves behind what we feel like doing.

Someone may not feel like going to the gym to workout four days a week, but they know if they continue to go, despite not feeling like it at times, it will change how their body looks and how they feel. Same with running. If you want to run faster or longer, you have to be willing to experience the discomfort that comes with pushing your body to another level.

Same goes with your relationship. At times we may not feel like writing in this journal or not connecting, but if we commit to writing in this journal once a day, it will slowly change how we feel and over time this in addition to other forms of connection will create a more emotionally connected relationship that has less intense fights too.

Often when clients do this, they start out not enjoying the process, but within a period of two weeks, they are excited to go to the bathroom and read the pages of appreciations and admirations their partner has for them.