

FOUR POWERFUL APPRECIATIONS EACH DAY

This is a tool to help you you rekindle romantic love and create a safety zone in your relationship for further growth and healing.

It has to do with four critical moments that occur each day:

- 1. The first four minutes you both are awake in the morning**
- 2. Saying “Goodbye”**
- 3. The first four minutes you are home in the evening**
- 4. Saying “Good night”**

According to Dr. Gary Brainerd, what you do during these times each day has 5 times the impact on your relationship than other times.

The goal is to use these four critical moments to say or do things that make your partner feel loved. Start by doing the following during these four times each day:

1. Give a 60-second full-body hug.

In about 20 seconds you both will begin to feel pleasurable sensations all over your body as oxytocin and other super-healthy pleasure chemicals are released into your system. Continue for one full minute to get the full effect.

But don't just count the seconds. Use the time to share an appreciation.

2. Share an appreciation...“One thing I appreciate about you is...”

Look into each other's eyes, and one at a time, finish this statement:
“One thing I appreciate about you is...”

It should be whatever comes to your mind that you genuinely appreciate. It could be *“I appreciate you wearing that shirt today. You make it look good, and it makes me feel proud to be with you.”* Or it could be something like *“One thing I appreciate about you is the way you give of yourself so unselfishly to take care of our children.”*

Get the idea? Now try it.

A 30-second appreciation one way. Then a 30-second appreciation the other way.

Giving one. Receiving one. All while embracing in a 60-second full body hug.

3. Do this four times a day over the next six weeks.