

Effective Communication Program

Week 4: Desire: Engage Emotions - Workbook



Listen to _____ and consider your emotions and those of your partner.

Harness feelings to increase _____.

Cultivate images that evoke _____.

Read _____ stories.

Find ways to make emotions your ally instead of your enemy.

Remember your personal _____ .

Imagine _____ the good feelings that you will experience when acting in good ways;

Make a _____ in your environment that will concretely remind you of the new ways of relating you are developing for increased feelings of love.

If you want to reconnect, but are afraid, thinking of the positive feelings of _____, having someone to share things and dreams with, and enjoying an _____ partner can give you the strength to try again.

Desire tends to follow more easily when we experience _____ emotions.

To understand and process you emotions, you have first to be able to _____ them.

Three tips for recognizing and sharing emotions are:

1. Relax and _____ your _____ .
 - If you are having a hard time labeling an emotion, stop for a moment and _____ .
 - Clear your _____ of other issues.
 - Search for a _____ word.
 - Pay attention to your _____ .
2. Ask _____ questions.
3. Tell _____. As a couple you should also tell your _____ story. Learn how to focus on the stories of perseverance, _____, and joy.

Write and Visualize

1. Write down at least 3 situations, stories, or moments that can evoke strong positive feelings in favor of what you want to change, improve, or develop. Close your eyes and try to see it and feel it. Do this at the beginning of every day until you have reached your goal.

Listening for and sharing emotions

1. List three positive words you would use to describe your partner.
2. What are the two most effective emotions to kindle your desire?

Compassion and Empathy

First Remember that _____ must precede advice.

Put yourself in the other person's _____.

Second, offer _____ and _____.

The dictionary defines compassion as “sympathetic pity and concern for the _____ or misfortunes of others.”

Synonyms are: pity, sympathy, empathy, fellow feeling, _____, concern, solicitude, sensitivity, warmth, love, tenderness, mercy, leniency, tolerance, kindness, humanity, charity.

Empathy refers to _____ the other’s feelings, while compassion is the offering of your concern, care, and _____.

Some ways to practice increased compassion and empathy in your relationships are:

1. Stop thinking so much about _____.
2. Be aware of your _____.
3. Pause, giving yourself the ability to check out your thoughts and evaluate whether or not they warrant the _____ response you've generated.
4. Follow the golden rule: "do unto _____ as you'd have done unto you."
5. Cultivate a _____ life.
6. Practice, _____ day, starting right now.

Couple’s Daily Heart Workout

- a) Download, print and study the Couple’s Daily Heart Workout.
- b) Practice the Rules of Engagement you learned on week 3.