

The Fondness Practice

For when we are not sure we still feel in love.

Every day, 3 minutes

1. Each of us shares one thing we admire, appreciate, or remember fondly about the other.
2. Be specific. Say it out loud.
3. The listener only says "thank you."
4. During the day, notice something to share tonight.

Once a month, 1 to 2 hours: story night

- Old photos out. How we met and what we first thought.
- Our hardest season, and what got us through.
- What we are proud of, and what we hope for next.

From CoupleCareRoutine.com