

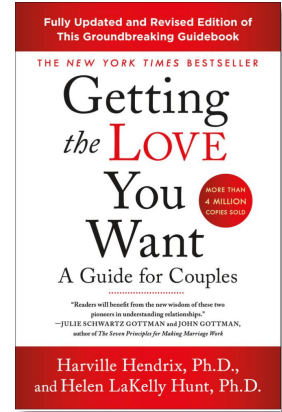
VIDEO MINI-COURSE:

HOW TO LOVE YOUR PARTNER OUT LOUD

THE POSITIVE FLOODING EXERCISE

In this video mini-course, we explain how to use “Positive Flooding” as a powerful exercise to amplify appreciation for your partner’s wonderful qualities. After watching the accompanying video, use the information provided below to engage with your partner.

We can often equate intense energy and noisy dialogue with anger and fear. But, Positive Flooding helps retrain the brain to hear affirmations and gratitude in a loud and clear manner so that you can revel in the joyful experience of expressing love to your partner.



INSTRUCTIONS

1. Using the charts provided in this exercise, list the physical characteristics, personality traits, behaviors, and affirmations that explain why you appreciate, love, admire, and cherish about your Partner. (See the following pages for free charts)
2. Decide who will Send first and who will Receive.
3. Prepare the experience: The Receiver sits in a chair in the middle of the room, and the Sender begins to circle the chair, slowly at first, maintaining eye contact whenever physically possible.
4. Circling the chair, the Sender recites the appreciations listed on the chart, adding others that come to mind. Start with physical traits and move through the categories on the Chart, raising the voice louder and louder - all while circling your seated Receiver.
5. Finally, the Sender makes eye contact, jumps up and down and shouts the final global affirmations. *"I can't believe I live with someone as wonderful as you! I love you, I love you!",* and all other phrases such as *"You are a blessing to me!"* or *"I feel so lucky to have you in my life!"*
6. Enjoy a one-minute, full body hug. Then, switch places and repeat the process.

POSITIVE FLOODING EXAMPLES

Loving your partner out loud means verbally expressing the characteristics that you appreciate at increasing volume levels. Don't be shy. Give yourself and your partner the opportunity to fully exclaim your love for each other. Use the following paragraphs as a sample to create your own joyful dialogue together:

PHYSICAL CHARACTERISTICS

(Use your normal voice level)

I love your beautiful blue eyes!

I think your curly hair is wonderful!

Your dimples make me smile!

PERSONALITY TRAITS

(Say with a louder voice)

I love how sweet you are!

I adore how funny you are!

I like your passion for your work!

BEHAVIORS

(Say with a very loud voice)

I like how you make wonderful family meals on Sundays!

I love how you call me every day from work!

You're so wonderful to read to our kids every night! I love that!

GLOBAL AFFIRMATIONS

(Say as LOUD as you can)

I CAN'T BELIEVE I'M WITH A PERSON WHO IS SO...

FABULOUS, BEAUTIFUL, SMART, LOVING, ETC.

I FEEL SO BLESSED TO HAVE YOU IN MY LIFE!

NOTE: Initially, you might feel that conducting such an exuberant exercise is silly or shallow. But, there's nothing silly about affirming your partner and creating a stronger bond together. Give yourself the freedom to fully express appreciation for each other.

POSITIVE FLOODING CHART

PARTNER #1

Using the chart below, list the aspects and appreciations you love, admire and cherish about your partner. Refer to the examples on the previous page for potential ideas.

Physical Characteristics	Personality Traits	Behaviors	Global Affirmations

POSITIVE FLOODING CHART

PARTNER #2

Using the chart below, list the aspects and appreciations you love, admire and cherish about your partner. Refer to the examples on the previous page for potential ideas.

Physical Characteristics	Personality Traits	Behaviors	Global Affirmations

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