

Daily Exercises – “The 3 Dailies”

1. Feelings Exercise

- a. Pick two feeling words for the day.
 - i. The exercise:
 1. I feel (put feeling here) when (put a present situation when you feel this)
 2. I first remember feeling (put same feeling here) when (explain earliest remembrance of this feeling, or a common childhood remembrance of it)
 - b. Rules:
 - i. No examples about your relationship or each other
 - ii. Maintain eye contact during the exercise
 - iii. No feedback when someone else shares
If necessary, feedback can be given 72 hours later

2. Affirmations

- a. At least two per day.
- b. Aim for “high praise”
- c. No repeats in any week.

3. Pray together

- a. Each person takes a turn and prays.
-

Feelings list:

- | | | |
|-----------------|---------------|-------------------|
| • absorbed | • egotistical | • passionate |
| • abusive | • empathic | • passive |
| • accepting | • empowered | • peaceful |
| • accommodating | • envious | • perfectionist |
| • accomplished | • erratic | • pitiful |
| • adaptable | • excited | • pleased |
| • adversarial | • expressive | • poor |
| • aggressive | • extroverted | • possessive |
| • agreeable | • fair | • powerful |
| • alert | • faithful | • practical |
| • altruistic | • fearful | • preoccupied |
| • analytical | • frightened | • procrastinating |
| • angry | • frustrated | • proud |
| • annoyed | • glad | • punished |
| • antagonistic | • good | • punishing |
| • anxious | • grateful | • purposeful |
| • approved of | • greedy | • rage |
| • arrogant | • grieving | • reactionary |
| • ashamed | • guilty | • reclusive |
| • authentic | • happy | • rejected |
| • balanced | • harmonizing | • rejoicing |
| • beautiful | • hatred | • repressed |
| • belligerent | • helpful | • resentful |

- bereft
- bitter
- bored
- brave
- broken down
- bullied
- calm
- chaotic
- cheerful
- cold
- commanding
- compassionate
- competitive
- complaining
- conceited
- condemned
- confident
- conflicted
- confused
- conservative
- content
- controlled
- controlling
- cooperative
- courageous
- cowardly
- creative
- critical
- cruel
- curious
- defeated
- deluded
- demanding
- dependent
- depressed
- desperate
- destitute
- destructive
- detached
- dignified
- disconnected
- discouraged
- disgusted
- dominated
- dominating
- eccentric
- ecstatic
- egocentric
- helpless
- hesitant
- hopeless
- idealistic
- ignorant
- impatient
- important
- impoverished
- impulsive
- indifferent
- individualistic
- inert
- insecure
- insensitive
- inspired
- in service
- interested
- intolerant
- introspective
- invulnerable
- irresponsible
- irritated
- isolated
- jealous
- joyful
- judged
- judgmental
- lazy
- likable
- lively
- lonely
- lost
- loved
- loving
- mad
- manipulated
- manipulative
- mediating
- miserable
- mistrusting
- moody
- moral
- negative
- noble
- obsessed
- open
- panicked
- paranoid
- resigned
- resistant
- responsible
- ridiculous
- righteous
- ruthless
- sad
- sadistic
- secretive
- selfish
- self-accepting
- self-condemning
- self-defeating
- self-destructive
- self-hatred
- self-obsessed
- self-pity
- self-sabotaging
- sensitive
- serene
- shamed
- shut-down
- shy
- sorry
- stable
- stimulated
- stricken
- strung-out
- stubborn
- superior
- tantrums
- timid
- tolerant
- unconcerned
- understanding
- unforgiving
- unhappy
- unresponsive
- untrusting
- vain
- vengeance
- vicious
- victimized
- violent
- visionary
- well-meaning
- wise
- withdrawn
- worthy