

THE 3 DAILIES

Dailies are marriage recovery exercises that every couple can use to build and strengthen their relationship. There are 3 parts to this.

1. Share two feelings a day for 90 days. The guidelines are as follows: do not use any examples about each other, maintain eye contact, and do not give feedback during the exercises. You can share one feeling from the present and one from the past. For example, "I felt calm when ____." I've included feeling words to help you find the write one.

2. Share two praises a day. Praises can be anything you love, like, or appreciate about your partner or spouse. Your partner or spouse replies with "thank you," so that praise is more heartfelt. They then share two praises with you in return, and you thank them for those praises.

3. Pray together. It is very important that a couple prays together. It doesn't matter what your theology or religious backgrounds are. Praying with your partner or spouse opens you both up for spiritual healing.

As you practice these dailies, your relationship will become more natural, softer, connected, and heartfelt.

FEELING WORDS

Accepting /	Radiant	Upset	Exploring	Confused
Open	Refreshed	Vindictive	Fascinated	Distant
Calm	Rejuvenated		Interested	Empty
Centered	Renewed	Courageous/	Intrigued	Indifferent
Content	Satisfied	Powerful	Involved	Isolated
Fulfilled	Thrilled	Adventurous	Stimulated	Lethargic
Patient	Vibrant	Brave		Listless
Peaceful		Capable	Despair / Sad	Removed
Present	Angry /	Confident	Anguish	Resistant
Relaxed	Annoyed	Daring	Depressed	Shut Down
Serene	Agitated	Determined	Despondent	Uneasy
Trusting	Aggravated	Free	Disappointed	Withdrawn
	Bitter	Grounded	Discouraged	
Aliveness / Joy	Contempt	Proud	Forlorn	Embarrassed /
Amazed	Cynical	Strong	Gloomy	Shame
Awe	Disdain	Worthy	Grief	Ashamed
Bliss	Disgruntled	Valiant	Heartbroken	Humiliated
Delighted	Disturbed		Hopeless	Inhibited
Eager	Edgy	Connected /	Lonely	Mortified
Ecstatic	Exasperated	Loving	Longing	Self-conscious
Enchanted	Frustrated	Accepting	Melancholy	Useless
Energized	Furious	Affectionate	Sorrow	Weak
Engaged	Grouchy	Caring	Teary	Worthless
Enthusiastic	Hostile	Compassion	Unhappy	
Excited	Impatient	Empathy	Upset	Fear
Free	Irritated	Fulfilled	Weary	Afraid
Happy	Irate	Present	Yearning	Anxious
Inspired	Moody	Safe		Apprehensive
Invigorated	On edge	Warm	Disconnected /	Frightened
Lively	Outraged	Worthy	Numb	Hesitant
Passionate	Pissed	Curious	Aloof	Nervous
Playful	Resentful	Engaged	Bored	Panic

Paralyzed
Scared
Terrified
Worried

Fragile
Helpless
Sensitive

Grateful
Appreciative
Blessed
Delighted
Fortunate
Grace
Humbled
Lucky
Moved

Thankful
Touched

Guilt
Regret
Remorseful
Sorry

Hopeful
Encouraged
Expectant
Optimistic
Trusting

Powerless
Impotent
Incapable
Resigned

Trapped
Victim

Tender
Calm
Caring
Loving
Reflective
Self-loving
Serene
Vulnerable
Warm

**Stressed /
Tense**
Anxious
Burned out
Cranky

Depleted
Edgy
Exhausted
Frazzled
Overwhelm
Rattled
Rejecting
Restless
Shaken
Tight
Weary
Worn out

**Unsettled /
Doubt**
Apprehensive
Concerned
Dissatisfied

Disturbed
Grouchy
Hesitant
Inhibited
Perplexed
Questioning
Rejecting
Reluctant
Shocked
Skeptical
Suspicious
Ungrounded
Unsure
Worried

Resources:

<https://www.hoffmaninstitute.org>

<http://www.drdougdeiss.com>