

# COUPLES CONSCIOUSLY CREATING LOVE

## RESETTING YOUR RELATIONSHIP THERMOSTAT

### 5. Reset Your Thermostat Affirmation Cards

Instructions: Write and repeat these daily to reprogram your internal thermostat.

- I am worthy of love, joy, and connection.
- My partner and I grow stronger every day.
- I release old stories and step into a new reality.
- I am creating a new normal of peace, passion, and partnership.

Cut these out or write them on sticky notes around your home.

#### Part 2: Insight

Have these issues repeated in past relationships?

Answer:

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How long do you usually stay upset?

Answer:

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What do you usually do to resolve things?

Answer:

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What does your partner usually do to resolve things?

Answer:

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### Part 3: Reset Intention

If your relationship thermostat had a number, what would it be on a scale of 1 to 10 (10 being the best and highest setting - and 1 being the worse and the lowest setting?)

Answer:

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What number would you like it to be?

Answer

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What belief or story needs to change to raise it?

Answer:

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