

Being deeply grateful and appreciative of one's partner can transform a partner at a fundamental level. He or she might become more positive and empathetic, resulting in a reduction in marital conflict. Becoming a more appreciative, grateful, and positive person may result in more harmonious relationships in other areas of your life as well.

## APPENDIX II

### *THE WALKING IN YOUR PARTNER'S SHOES PRACTICE™*

1. Imagine and write in detail what you think your partner's day might be like—starting from the time they wake up to bedtime. Really try to imagine your partner's thinking and feeling states at certain times of the day, whether they are at the office, commuting, or at home. Write down everything in as much detail as you can.
2. Pick a time to sit down with your partner using *The Relationship Schedule™* to process your ideas about his experience, thoughts, and feelings. Read your notes to your partner to see if you were right in imagining and guessing your partner's details about their day, and her thinking/feeling states. If you imagined or guessed wrong, ask your partner to fill in the parts that you missed or guessed wrong.

In comparing notes with each other, your partner and you will learn about each other's day and the thinking-feeling states corresponding to the events that happened. Doing this exercise with some frequency can help both partners expand their Theory of Mind and lead to a more empathetic view of the other.