

POSITIVE FLOODING

1. Decide who will be the sending partner and who the receiver.
2. As the sender, ask your partner to sit in a chair. While walking in a circle around your partner, keep eye contact and say all the positive things you can think of about your partner's physical characteristics, character traits, behaviors you value, etc. Flood your partner by starting with your voice at its regular pitch and then raising it an octave. At the end of the flooding, you should be shouting positive global expressions of caring to your partner like, "You are the most thoughtful husband in the world," or, " You are the most wonderful wife in the universe!" at a level of intensity equal to your expressions of rage or anger.
3. Ask your partner to do the same for you.
4. Now, list below all aspects of yourself which you want your partner to flood. Include what you wanted to hear in your childhood and what you want to hear in the marriage/relationship of your dreams.

Physical Characteristics	Character Traits	Behaviors	Global Affirmations

5. Take your partner's list and repeat the flooding exercise, using the items your partner wants appreciated. Remember to raise your voice as you amplify the list.
6. Ask your partner to do the same for you.
7. Do this exercise weekly, making sure to include the traits you value in your partner and the traits your partner wants valued.