



THE POSITIVE COUPLE E-BOOK

Free Preview Edition
Begin Your 91-Day Journey
to a Loving Relationship



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Created by Andrea Visentin

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This book has been created with careful attention, but we want to remind you that the advice here may not be suitable for everyone, so if you're unsure, it's best to consult with a professional before making any decisions. The Positive Couple's Team cannot take responsibility for outcomes from following the suggestions.

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*"Your relationship
will be what you make it.
Why not make it extraordinary?"*

THE POSITIVE COUPLE

Free Preview Edition Begin Your 91-Day Journey to a Loving Relationship

I'm Andrea, a 50-year-old Italian entrepreneur living in London for over two decades, and a proud father of two wonderful children.

Like many, my journey through separation was painful, but it also became a turning point. I realised that **love doesn't thrive on its own—it needs care, gratitude, and intention every single day**. In the search for answers, I immersed myself in counselling books, joined support groups, and worked with a couples therapist. I also listened deeply to friends, colleagues, and others who were navigating love's challenges. Every story, whether of struggle or triumph, gave me new insights.

Although my marriage couldn't be saved, I came out of that chapter transformed. I discovered the power of **gratitude, positivity, and small conscious actions** in sustaining love. Journaling became my anchor: I wrote what I was grateful for, set intentions for each day, and reflected on how I could grow. These simple practices shifted my mindset, bringing balance, clarity, and hope.

From this experience, The Positive Couple Diary was born. I wanted to share what I had learned—that **relationships are not built on grand gestures, but through simple, daily gestures of care and appreciation**.

This diary blends personal lessons with the science of positive psychology to help couples reconnect, communicate, and grow together

“*Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage.*”

- Lao Tzu -

WELCOME

Your relationship is the foundation of your happiness. When you and your partner feel connected, grateful, and understood, everything else in life becomes lighter and more joyful. But love is not something we can take for granted—it requires daily care, just like our own well-being.

That's why I created The Positive Couple Diary: to guide you in nurturing love step by step. Inspired by positive psychology and the science of habits, this diary helps you replace old patterns with new ways of being together—bringing joy, intimacy, and harmony back into your partnership.

As the **Dalai Lama** reminds us:

*Happiness is not something ready-made.
It comes from your own actions."*

The same is true for love. **Happiness in a relationship doesn't simply appear—it's created through the choices and actions you take together every day.**

You don't need dramatic changes or perfect communication to begin. Love grows through the simple, consistent acts: expressing gratitude, listening with presence, sharing appreciation, or making time for each other. Over time, these daily choices create lasting transformation.

This preview is just a glimpse of how The Positive Couple Diary can become your companion—a **tool to help you and your partner build the relationship you've always dreamed of, one meaningful step at a time.**

Ready to begin the full 91-day journey with your partner?

[GET THE COMPLETE DIARY SET HERE](#)

WHY POSITIVE PSYCHOLOGY MATTERS IN LOVE

In today's world, couples are surrounded by an overwhelming amount of advice — from **John Gottman's research on communication** to **Sue Johnson's Emotionally Focused Therapy**, to the principles of **habits, resilience, and gratitude** pioneered by **Martin Seligman**. With so many methods available, it's easy to feel uncertain about what really works.

That is why I created **The Positive Couple Diary**: to bring the best of psychology into a **practical, enjoyable guide** you can use every day. This diary doesn't give you abstract theory — it turns **proven research into simple rituals** you and your partner can practice together.

WHAT YOU'LL DISCOVER

Based on decades of relationship science, you and your partner will learn to:

- **Communicate with care** → Replace criticism with kindness, listen actively, and make sure both of you feel heard and valued.
- **Deepen emotional closeness** → Build trust and empathy by sharing openly and responding with compassion.
- **Strengthen joy and resilience** → Train your mind to focus on gratitude and positive moments, especially during challenges.
- **Respond with patience** → Pause before reacting so conflicts become opportunities for understanding rather than arguments.
- **Build lasting habits** → Create small routines — like a daily check-in, a goodnight kiss, or a tech-free dinner — that weave closeness into your everyday life.

These are the same strategies therapists use — but distilled here into **small, structured steps** you can actually enjoy together. The diary helps love feel **natural, playful, and deeply rewarding**.

WHY POSITIVITY MATTERS

So, why does **Positive Psychology** matter in relationships — and why should it be positive? Because love doesn't grow by focusing only on what's broken. It flourishes when couples **notice what's working, celebrate strengths, and practice gratitude and kindness** in daily life.

Traditional therapy often begins with problems. Positive Psychology doesn't ignore them, but it shifts the focus toward **possibility, resilience, and joy**. It asks: What helps couples thrive? *What habits bring intimacy, optimism, and strength? How can love grow stronger through small, consistent actions?*

BACKED BY SCIENCE

- A **2018 study** found couples who added Positive Psychology practices to therapy reported **higher satisfaction and better communication**.
- A **2017 trial** showed focusing on gratitude and positive emotions significantly **improved relationship satisfaction**.
- A **2019 meta-analysis** confirmed that education programs rooted in positive psychology boost **communication and conflict resolution skills**.
- Research from **Carnegie Mellon University** showed couples who regularly **express gratitude enjoy greater satisfaction and longevity** in their relationships.

THE POWER OF MINDSET

As Dale Carnegie said: *"It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about."*

Couples who embrace **optimism, gratitude, and proactive communication** are better equipped to handle challenges and strengthen intimacy.

By contrast, cycles of **blame, resentment, and criticism** weaken love. Positive Psychology offers a way out — a path where every **gesture of kindness**, every **word of appreciation**, becomes part of a stronger, more joyful bond.

*“Successful long-term relationships
are created through small words,
small gestures, and small acts.”*

- John Gottman -

THE 10 GOLDEN RULES

Navigating the ups and downs of a relationship takes both insight and intention. Over the past two decades, psychologists have studied what makes love last, uncovering key principles that consistently support thriving partnerships.

From this research—and from my own journey—I’ve distilled **10 Golden Rules**.

These are not abstract theories, but **everyday practices** that you and your partner can begin applying right away. Think of them as guiding lights: simple reminders that, when practiced with consistency, transform the way you love each other.

Some of these principles—like communication, respect, and conflict resolution—are explored in greater depth later in the diary with practical exercises. But for now, here’s a first look:

TRUST AND TRANSPARENCY:

Trust is the cornerstone of any successful relationship. Cultivate trust through transparency and integrity, laying the groundwork for a secure and mutually respectful partnership. Trust allows both partners to feel safe and valued, fostering deeper emotional intimacy.

RESPECT AND SUPPORT:

Show **unwavering respect** for each other's opinions, feelings, and boundaries. Offer consistent support through life's challenges and triumphs. This mutual respect fosters emotional security and promotes a healthy, balanced dynamic in the relationship.

COMMUNICATION IS KEY:

Effective communication is the heart of a thriving relationship. Practice active listening, empathy, and open, honest dialogue to ensure both partners feel heard and understood. This rule provides the basis for deeper connection and conflict resolution.

CONFLICT RESOLUTION:

Conflict is inevitable, but how you handle it defines your relationship's resilience. **Prioritise compromise, mutual understanding, and constructive conflict resolution techniques** to keep disagreements from damaging your bond.

EMBRACE DIFFERENCES:

Acknowledge and celebrate each other's uniqueness. Embracing differences not only enriches your relationship but also encourages personal growth.

Understanding that diversity strengthens rather than weakens a relationship helps maintain harmony.

QUALITY TIME TOGETHER:

Prioritise spending quality time with your partner. **Love grows where time is invested.** Shared experiences and meaningful moments strengthen your bond and deepen your connection. Even in a busy life, setting aside time for one another is crucial to sustaining emotional closeness.

MAINTAIN INDIVIDUAL IDENTITIES:

While togetherness is vital, preserving your individual identity is equally important. Encourage each other's **personal growth** and pursue passions outside the relationship. This balance allows both partners to feel fulfilled individually, which **enriches the relationship.**

EXPRESS APPRECIATION AND AFFECTION:

Regularly show gratitude and affection towards your partner. Small gestures of appreciation, both verbal and physical, nurture intimacy and reinforce your emotional connection.

FORGIVENESS AND LETTING GO:

Practice forgiveness and release past grievances. Holding onto resentment hinders growth and healing, while forgiveness fosters a more resilient partnership. Couples who can forgive each other navigate challenges with greater emotional ease.

CONTINUOUS GROWTH AND ADAPTATION:

Relationships are dynamic and evolve over time. **Embrace change and commit to continuous growth and adaptation together.** This willingness to grow both individually and as a couple ensures that the relationship remains vibrant and fulfilling.

Within the full The Positive Couple Diary, you and your partner will explore each of these Golden Rules in greater detail—through thoughtful explanations, real-life examples, illustrations, and guided exercises. **Together, they form a foundation for a relationship that is not only lasting, but deeply fulfilling.**

Ready to begin the full 91-day journey with your partner?

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COMMUNICATION & CONFLICT RESOLUTION

THE HEART OF CONNECTION

Every couple argues. **Conflict itself is not what damages love**—it's how we handle it. When approached with respect, patience, and care, disagreements can actually become **opportunities for closeness**.

This chapter of *The Positive Couple Diary* draws on the pioneering work of experts such as **John Gottman, Sue Johnson, Harriet Lerner, and Mark A. Whisman**, whose decades of research all point to the same truth: **the way couples talk—and listen—matters far more than the size of the problem**.

Instead of abstract theory, this diary gives you:

- **Real-life examples** of how to begin difficult conversations with calm and respect.
- **Simple lessons** that show why small shifts in words and tone can change everything.
- **Illustrated vignettes** that bring these strategies to life, so you can picture exactly how they work in everyday situations.

WHY COMMUNICATION MATTERS

- **Creates closeness.** Honest sharing builds trust and intimacy.
- **Prevents misunderstandings.** Listening with presence avoids assumptions that can cause unnecessary hurt.
- **Resolves conflicts constructively.** Disagreements become chances to grow, rather than battles to win.

KEYS TO POSITIVE COMMUNICATION

- **Active Listening** – Give your partner your full attention. Listen not only to the words, but to the feelings behind them. Show you've understood by gently reflecting back what you heard.
- **Gentle Start-Ups** – Begin sensitive conversations with kindness instead of blame. Saying "I feel worried when..." creates connection; saying "You never..." creates distance.

- **I-Statements** – Speak from your own experience. “I need more time with you” feels safer and more constructive than “You don’t care about me.”
- **Empathy First** – Pause before reacting. Ask yourself how your partner might be feeling. When empathy comes first, defenses come down and understanding grows.

CONFLICT IS NATURAL—HOW YOU HANDLE IT MAKES THE DIFFERENCE

Even the healthiest couples argue. The difference is that they use conflict to strengthen, not weaken, their relationship.

- **Take a Pause** – If emotions run high, step away briefly. A short break can prevent words you’ll regret.
- **Seek Compromise** – The goal is not to “win” but to find a solution you can both accept.
- **Repair Attempts** – A soft smile, a gentle touch, or saying “Let’s start over” can quickly de-escalate tension. These gestures are small but powerful.
- **Let Go of Grudges** – Forgiveness is not about excusing mistakes. It’s about choosing to move forward without carrying the weight of resentment.

In the full diary, you’ll discover **daily affirmations, guided assignments, and weekly couple exercises** to make positive communication a habit.

Exclusive access to our **members-only website**, with:

- Hundreds of **real-life examples** of constructive dialogue
- **Over 100 positive plans** to strengthen your bond
- Step-by-step **“I-statement”** scripts to defuse conflict
- **100 inspired daily actions** to keep love alive

Because every time you choose patience, kindness, and respect, you’re not just solving a disagreement—you’re building a stronger, more loving relationship.

“It’s not the presence of conflict, but the absence of repair that predicts divorce.”

- John Gottman -

THE 91-DAY JOURNEY

Love is not built through grand declarations alone — it grows in the small daily choices you make to show up for each other. *The Positive Couple Diary* was created as a **91-day guided journey**, combining **personal reflection** with **shared rituals** to help couples strengthen their bond step by step.

DAILY PRACTICE

For six days each week, each partner writes in their own diary. These pages guide you to:

- **Express gratitude**
- **Capture small wins and progress**
- **Choose one loving action that brings more connection into your relationship**

This rhythm creates an ongoing sense of mindfulness, appreciation, and positivity—without overwhelming your routine.

THE WEEKLY RITUAL

Once a week, you and your partner dedicate time for each other. This session isn't about "just filling pages" — it's about being **intentional, present, and open**. Every ritual follows four steps:

- **Check-In Together** → Share highs, lows, and what's been on your mind.
- **Celebrate Progress** → Acknowledge even small efforts to be more patient, caring, or supportive.
- **Reflect & Reset** → Talk through challenges, find compromises, and agree on small solutions.
- **Love's Journey Exercise** → End with a tailored activity designed to spark gratitude, deepen intimacy, and build lasting habits of love.

WHY IT WORKS

This balance of **individual reflection** and **shared connection** creates a sustainable rhythm. Daily notes help you grow within yourself, while weekly sessions keep your partnership aligned, strong, and resilient.

Over 91 days, these consistent steps transform how you love: **making gratitude natural, communication easier, and intimacy stronger**.

LOVE'S JOURNEY

WEEKLY COUPLE EXERCISES

Each week, you and your partner will close your ritual with a **guided activity** from the Love's Journey series. These exercises are designed to help you **pause, connect, and grow together** in ways that are simple, meaningful, and lasting. Think of them as stepping stones—each one building on the last—so by the end of 91 days, you've walked a powerful path **side by side**.

WEEK 01 – LOVE REFLECTION EXERCISE

“Start your journey by looking at the love you already share.”

Take time to reflect on what makes your relationship meaningful. By naming and appreciating the love that's already present, you set a strong, positive foundation for the weeks ahead.

WEEK 02 – HABIT HARMONY CHALLENGE

“Small habits, big impact.”

Choose one positive habit to nurture together this week—something simple, like a daily check-in or saying “thank you.” These little rituals, when practiced consistently, weave love into your everyday rhythm.

WEEK 03 – RELATIONSHIP TIMELINE

“Your love story deserves to be remembered.”

Map out the milestones that shaped your journey—first meetings, special dates, challenges you overcame. Reliving these moments reminds you of how far you've come and the strength you share.

WEEK 04 – SPECIAL PLACES & ACTIVITIES

“Love lives in memories.”

Revisit the places and activities that have defined your bond, and dream up new ones to enjoy together. This exercise strengthens your shared history while opening doors to fresh experiences.

WEEK 05 – DREAMS & GOALS

“The future is brighter when you dream together.”

Share your personal and shared goals. By aligning your dreams and supporting one another's aspirations, you create a vision of the future that inspires and unites you.

WEEK 06 – PAUSE & REFLECT

“Love grows when we stop and notice.”

Take a mindful pause. Appreciate your progress so far, acknowledge how you’ve grown individually and together, and reset your intentions for the weeks to come.

WEEK 07 – COUPLES LOVE MAP CHALLENGE

“True intimacy begins with knowing each other’s world.”

Ask playful and meaningful questions that reveal your partner’s inner world—their hopes, worries, joys, and daily thoughts. The better you know each other, the deeper your connection becomes.

WEEK 08 – LETTER TO THE START OF OUR LOVE

“Reignite the spark of the beginning.”

Write a heartfelt letter as if you were speaking to each other at the start of your love story. Revisit the emotions, excitement, and tenderness that first drew you together.

WEEK 09 – HABIT HARMONY PROGRESS CHECK

“Every step forward counts.”

Reflect on the habits you’ve been building. Celebrate the wins, however small, and choose new ways to keep improving together. Growth is always built one step at a time.

WEEK 10 – DREAMS & FUTURE HOPES

“When we share our hopes, we shape our destiny.”

Take time to dream out loud. Share what you imagine for your life together in five, ten, or twenty years. These conversations strengthen your bond and align your paths.

WEEK 11 – THE FUTURE MAPPING

“A plan is a love letter to the future.”

Create a vision board, a list, or a drawing of your shared future. Outlining the small steps toward your biggest dreams makes them feel achievable and real.

WEEK 12 – FONDNESS & ADMIRATION INVENTORY

“Gratitude is love’s greatest protector.”

Share the qualities you admire most in each other. Speaking your appreciation out loud reinforces respect, tenderness, and emotional closeness.

WEEK 13 – LOVE LETTER EXCHANGE

“End the journey with words from the heart.”

Write and exchange love letters filled with gratitude, commitment, and affection. This final exercise seals your 91-day journey, reminding you that love grows strongest when it's expressed.

By closing each week in this way, you don't just review and reset—you **reignite your bond**. Over 91 days, these small, intentional practices create a rhythm of love that feels natural, joyful, and lasting.

This isn't about filling pages—it's about creating space, both alone and together, for your relationship to flourish week after week.

This is just a preview. For the full guided journey, exercises, and both partner diaries, [get the complete set here](#).

*“A successful relationship is not something
that just happens.
It takes work, patience, and a lot of love.”*

- Barbara De Angelis -

A NOTE TO YOU

In every couple, it's often **one partner who takes the first step toward change**. Maybe that's **you**.

Your story may just be beginning, or perhaps you've already walked through many seasons together. You might already be raising children, or still dreaming of starting a family. You could be engaged, married, or navigating a moment where love feels stuck or uncertain.

Whatever your situation, the simple fact that you are here—reading these words—reveals something powerful: **you carry hope**. Hope that your relationship can become deeper, stronger, and more alive.

True change doesn't require perfection or equal effort at all times. Sometimes one partner leads with energy while the other contributes more quietly. What matters most is not how big each step is, but that you are both moving in the same direction. Every small gesture—a kind word, a moment of patience, an expression of gratitude—is a seed of love.

And remember this: **relationships don't thrive in spite of differences, they thrive because of them**. One of you may be the practical thinker, the other the dreamer. One may build habits, while the other keeps the spark of romance alive. One may solve problems, while the other nurtures spirituality or tradition. These differences are not obstacles—they are gifts. Together, they form the richness of your bond.

You also don't need to master every piece of advice in this book. Growth isn't about doing everything perfectly. If you strengthen your communication, replace even one or two negative habits, or simply learn to pause and show kindness more often, **your relationship will begin to transform**. Even a single step toward gratitude can open the way to meaningful change.

If this diary helps you and your partner improve even one small part of your love story, then I have reached my goal. For me, the greatest reward is knowing I've done something good for others—helping couples rediscover **connection, joy, and hope**.

CLOSING MESSAGE

This preview is just a glimpse of The Positive Couple Diary.

Inside the box, you and your partner will find two beautifully crafted books—one for each of you. Each book contains the complete 91-day journey, blending education, reflection, and practice into a powerful rhythm of growth:

An 80-page Guide to build a strong foundation:

- Positive Psychology Principles
- The Importance of Positive Relationships
- Understanding the Challenges on the Path of Love
- The 10 Golden Rules
- Trust, Vulnerability, Respect & Support
- Communication & Conflict Resolution
- Affection, Intimacy & Sex
- Building Better Habits Together
- Shifting Away from Negative Habits
- Prioritising Time Together
- Incorporating Gratitude into Your Daily Life

The 91-Day Diary to put learning into action:

- Clear guidance on how to use the workbook
- **Daily Tasks (6 days a week):** gratitude prompts, reflections, and one positive action for your partner
- **Weekly Reflections & Insights:** space to pause, track progress, and reset intentions
- **Love's Journey Weekly Couple Exercises (13 total):** tailored activities to reconnect, appreciate, and grow closer

This rhythm of **daily individual reflection and weekly shared practice** is designed to help you both grow—together and apart—strengthening love in small, intentional steps. With **The Positive Couple Diary**, you each hold your own book, yet you walk the same journey side by side.

You've had a glimpse of how The Positive Couple Diary can transform your relationship. To continue the full 91-day journey, order the complete diary set today.

[CLICK HERE TO GET YOUR COPY,](#)
[BEGIN YOUR JOURNEY NOW—AND STAY POSITIVE.](#)

FURTHER READING & INSPIRATION

The **Positive Couple Diary** was inspired not only by my own journey, but also by the incredible work of psychologists, therapists, and researchers who have dedicated their lives to understanding love, relationships, and human growth.

If you'd like to explore further, here are some of the voices that guided and influenced me while creating this diary:

- **John Gottman** – The Seven Principles for Making Marriage Work
- **Sue Johnson** – Hold Me Tight
- **Brené Brown** – Daring Greatly
- **Esther Perel** – Mating in Captivity
- **Martin Seligman** – Flourish
- **Barbara Fredrickson** – Positivity
- **Wendy Wood** – Good Habits, Bad Habits
- **Steve Peters** – The Chimp Paradox

Each of these works offers powerful insights—from communication and emotional closeness to habits, resilience, and intimacy. Together, they form the foundation of modern relationship psychology.

While you don't need to read them all, even just exploring one or two of these books can open new doors of understanding. And if you'd like everything distilled into one clear, practical path, that's exactly what The Positive Couple Diary was created to give you.

*There's a beauty
in dedication and consistency
that transforms habits into milestones,
and milestones into lifelong changes.*

*The journey is never just
about the end; it's about every step
you took to get there."*

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.