

# Learning to Appreciate Your Partner

## Objective

To increase your appreciation of your partner through daily reflection.

## You Should Know

Over time, many couples begin to take their relationship for granted. One element that is sometimes lost is appreciation for one another. You do not have to wait for your partner to appreciate you more. Instead, you can take steps to identify what you appreciate about your partner and to express your positive feelings to them.

Consider what your partner adds to your life. Each day, notice at least three ways in which your partner positively contributes to you or your relationship. These things do not have to be dramatic or big. It might be the way they smile at you, or the fact that they make coffee for you every morning. Think back to when you first met your partner. What qualities and strengths did you find most attractive? In all likelihood, those strengths and qualities still exist today.

## What to Do

Make a copy of this worksheet for each partner. After you have both completed it, share your responses without judging or criticizing.

Complete this form for one week.

	Three things I appreciated about my partner today	Three ways my partner contributed to my life today	Three ways my partner demonstrated their strengths and qualities
Monday			
Tuesday			
Wednesday			

<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

When you are done, rate these statements on these on a scale of 0 to 10, where 0 = don't agree at all, and 10 = strongly agree.

\_\_\_\_\_ It was easy for me to find things to appreciate about my partner each day.

\_\_\_\_\_ This exercise helped me see how much my partner positively contributes to my life.

\_\_\_\_\_ My partner uses their strengths consistently, and I could easily identify what those strengths were.

\_\_\_\_\_ I verbalized my appreciation to my partner each day.

\_\_\_\_\_ My partner expressed their appreciation to me every day.

Now answer these questions:

What are some ways your partner expressed appreciation to you?

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Was there anything that surprised you?

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Can you think of some things you might have done differently to express your appreciation to your partner during this week?

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### **Reflections on This Exercise**

What did you learn from this exercise?

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How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What else can you do to make progress in this area?

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