



APPRECIATION EXERCISE

BUILDING A BETTER RELATIONSHIP

SHOWING APPRECIATION

This activity is aimed to help you create a foundation of kindness. Showing appreciation and practicing kindness supports couples by promoting a sense of commitment and love.

Getting started

You and your partner are going to need to schedule time(s) at the end of each day that are distraction free and committed to each other. The time you pick should be mutual and agreed upon. The time should last 10 to 15 minutes on average.

As an example:

- Monday through Sunday.
- 9 PM to 9:15 PM

FRIENDLY REMINDER

Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.

- At home in the kitchen.

HOW TO PRACTICE APPRECIATION

STEP 1:

The first step is to individually fill in the table below. When completing the table, focus on what you appreciate about your partner.

One table is for (partner A) and the other for (partner B).

PARTNER A	
WHAT I APPRECIATE ABOUT YOU	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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PARTNER B	
WHAT I APPRECIATE ABOUT YOU	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

STEP 2:

Now that you have your tables completed, take a moment to share it with your partner. During the sharing period evaluate the following:

- How do each of the appreciations impact your mood?
- How do each of the appreciations strengthen the relationship?
- How often do we practice saying thank you to each other?
- How often do we notice the acts?

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BELOW ARE EXAMPLES OF THE EXERCISE

Example A:

“I appreciate that you are supportive of my goals. This is a quality that I desire in the person that I want to spend my life with. Your ability to support my goals and dreams pulls me closer to you. It helps to remind me of why I love you and choose to be with you.”

Example B:

“I appreciate that you always try to find the best in others. For instance, when we are speaking with peers who are struggling or not doing well, you always find a way to point out the positive things in them. I love this about you. Not only for me, but our relationship. I’m not really like that. I think that when we have kids, they are going to learn so much from you on how to value others and look for the positive things in them.”

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Example C:

“I appreciate the fact that you can solve problems. A great example would be today, you left your job to come help me. I truly love this about you. I love being with you, because you put not only my needs but that of others before yours. I value your act of being able to fix problems in our life. It impacts our relationship because I feel that you truly love me.”

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