

"I Appreciate..."

(1) Circle three items that you think are characteristics of your partner. Circle just three. (You can do the exercise over again with a different three if you want to).

- | | | | |
|------------------|---------------------|-------------------|--------------------|
| 1. Loving | 2. Sensitive | 3. Brave | 4. Intelligent |
| 5. Thoughtful | 6. Generous | 7. Loyal | 8. Truthful |
| 9. Strong | 10. Energetic | 11. Sexy | 12. Decisive |
| 13. Creative | 14. Imaginative | 15. Fun | 16. Attractive |
| 17. Interesting | 18. Supportive | 19. Funny | 20. Considerate |
| 21. Affectionate | 22. Organized | 23. Resourceful | 24. Athletic |
| 25. Cheerful | 26. Coordinated | 27. Graceful | 28. Elegant |
| 29. Gracious | 30. Playful | 31. Caring | 32. A Great Friend |
| 33. Exciting | 34. Thrifty | 35. Full Of Plans | 36. Shy |
| 37. Vulnerable | 38. Committed | 39. Involved | 40. Expressive |
| 41. Active | 42. Careful | 43. Reserved | 44. Adventurous |
| 45. Receptive | 46. Reliable | 47. Responsible | 48. Dependable |
| 49. Nurturing | 50. Warm | 51. Virile | 52. Kind |
| 53. Gentle | 54. Practical | 55. Healthy | 56. Witty |
| 57. Relaxed | 58. Beautiful | 59. Handsome | 60. Rich |
| 61. Calm | 62. A Great Partner | 63. Lively | 64. A Great Parent |
| 65. Assertive | 66. Protective | 67. Sweet | 68. Tender |
| 69. Powerful | 70. Understanding | 71. Flexible | 72. Totally Silly |
| 73. Prayerful | 74. Holy | 75. Loving | 76. Humble |
| 77. Forgiving | 78. Thinker | 79. Patient | 80. Hopeful |

(2) For each item you checked please briefly think of an actual incident that illustrates this characteristic of your partner.

1. Characteristic:

Incident:

2. Characteristic:

Incident:

3. Characteristic:

Incident:

(3) Now share your list with your partner. Let him or her know what it is about these traits that you value so highly.

Gottman, John and Nan Silver: The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert (New York: Three Rivers Press, 1999).