



Exercise: Sharing Fondness and Appreciation

Take a few moments to look over the list of characteristics on your sheet. These are all positive characteristics that your partner may possess. Now think about your partner and circle 3 to 5 items that match the traits you treasure most in your partner. Then, for each characteristic you've selected, jot down a note about a time when your partner demonstrated that trait at the bottom of the page- just a prompt/reminder for when you share. When you're both done, tell your partner about the traits you've selected along with the story you've remembered that goes with it. If there is remaining time, share specific desires and needs that your spouse is currently meeting.

Loving	Fun	Playful	Reliable	Silly
Sensitive	Attractive	Caring	Responsible	Calm
Brave	Interesting	Great Friend	Dependable	Lively
Intelligent	Supportive	Exciting	Nurturing	Great Partner
Thoughtful	Funny	Thrifty	Warm	Great Parent
Generous	Considerate	Vulnerable	Virile	Assertive
Loyal	Affectionate	Committed	Kind	Protective
Truthful	Organized	Involved	Gentle	Sweet
Strong	Resourceful	Expressive	Practical	Tender
Energetic	Athletic	Active	Lusty	Powerful
Sexy	Cheerful	Careful	Witty	Flexible
Decisive	Graceful	Reserved	Relaxed	Understanding
Creative	Elegant	Adventurous	Beautiful	
Imaginative	Gracious	Receptive	Handsome	

Notes: