

APPRECIATIONS EXERCISE FOR COUPLES

- Partner A states one appreciation for Partner B. What do I appreciate that my partner has done to help the relationship in the past week?
- Partner B responds with “thank you” or “you’re welcome” as appropriate.
- Partner B states one appreciation for Partner A. What do I appreciate that my partner has done to help the relationship in the past week?
- Partner A responds with “thank you” or “you’re welcome” as appropriate.
- Partners take turns until each partner has said three appreciations.

THANK YOUR PARTNER