



Activity

I Appreciate You Because...

No matter how much people appreciate those that are important to them; they often do not show their appreciation or stop showing it over time. What we sometimes fail to understand is that although deep down people know they are appreciated, sharing a sign or expression of appreciation is always a thoughtful gesture. It often does not take much to show someone they are appreciated. But if we do not tell them that we appreciate them, how will they know how important they are to us? Can we really expect our partners to continue the behaviors we appreciate if those behaviors are not positively recognized? In the end, appreciation makes us feel good about ourselves and creates more intimacy and love for our partners.

It's nice to express a generic 'thanks' but it is better to be specific and articulate the qualities you admire and honor about your partner. So, just to get you started thinking about the qualities you admire in your partner, you will see a list of a few specific examples below. Once you begin to read these examples you will be reminded of many of the wonderful qualities your partner has shown. Then, take a few minutes to write three (3) of them down in the space provided. Don't forget to mention the specifics because it is good for your partner to hear about them. You will be sharing them with your partner shortly, which is sure to remind both of you about the love and appreciation that's always in your relationship but may not be expressed often.

Examples:

1. "You always remember to say 'I love you' with feeling. This may seem like a simple thing but, far too often, I forget to say these three little words. Hearing them with meaning makes a huge impact on how I feel about you and our relationship."
2. "I know that when I get sick, you are always there. Your genuine care and concern makes me feel loved. I feel like I can be vulnerable around you and know that you won't love me any less."
3. "You have always made me feel safe even when we have our disagreements. You've never called me a derogatory name, shouted at the top of your lungs, or thrown anything out of anger. You are careful not to involve the kids when we are upset with each other, which increases their sense of security and makes me love you that much more."

"I Appreciate You Because..."

1. _____

2. _____

3. _____
