



Activity Instructions: I Appreciate You Because...

Step-by-Step Instructions:

1. Discuss the goal of this exercise.
2. Review the Tips for Discussion section below to assist you with this dialogue.
3. Provide each participant with a copy of the activity and ask them to read the handout and complete the activity.
4. When both participants have completed the activity, solicit their initial thoughts.
5. Ask the couple to face one another and request that they hold hands. Ask them to take a minute or two to breathe deeply, look into each other's eyes. Ask them to remember a place early in their relationship when they felt really in love and appreciated the special qualities about each other.
6. When they are ready, request a volunteer to go first and share one statement of appreciation. Then ask the other partner to do the same and repeat until they have each shared their 3 statements. Let them know its okay to change their statement if they think of another way to express it.
7. Upon completion of the exercise, ask the couple to share their thoughts about the activity. Conclude the exercise by asking the couple to continue their efforts in sharing their appreciation for one another on a regular basis.

Tips for Discussion and Processing

Spend the first several minutes of this activity helping the couple understand the importance of letting their partner know they are appreciated and how appreciation can impact the health of their relationship. They may be able to empathize with each other about how busy their lives are and how hard it is to add

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Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 15 minutes (discussion times vary)

Goal: To assist couple with understanding the importance of appreciation about the health of their relationship.

Audience: Couples

Special Considerations:

Resources Needed:

- Activity – I Appreciate You Because...
- Writing utensils

another thing they have to remember. They may share how much they care and realize they allow themselves to become too tired and preoccupied with long work hours, household chores, and parenting to show a lot of appreciation.

It is easy to get caught up in the routine of life where one day looks like the next. However, how much better would they feel if their partner told them how much they are appreciated for all they do? Help the couple understand that appreciating each other doesn't take much effort, yet it's so significant. Show them how to keep it simple and real.

Resources:

How to Harness the Power of Appreciation in Your Relationship

<http://www.strengthenyourrelationship.com/archive/How%20to%20Harness%20the%20Power%20Appreciation%20in%20Your%20Relationship.pdf>

In Good Relationships, Partners Express Appreciation

<http://blogs.psychcentral.com/always-learning/2010/11/in-good-relationships-partners-express-appreciation>