

Name:

Date:

# Partner Appreciation

*One of the most important aspects of maintaining a satisfying romantic relationship is appreciation. Unfortunately, expressing appreciation towards a partner may be lacking or wane over time. Fill out this worksheet on your own and then share it with your partner during a couples therapy session. Try to find at least five answers for each question.*

*The qualities that attracted me to my partner were:*

  
  

*My favorite memories with my partner are:*

  
  

*My partner shows me they care by:*

  
  

*I appreciate my partner because:*