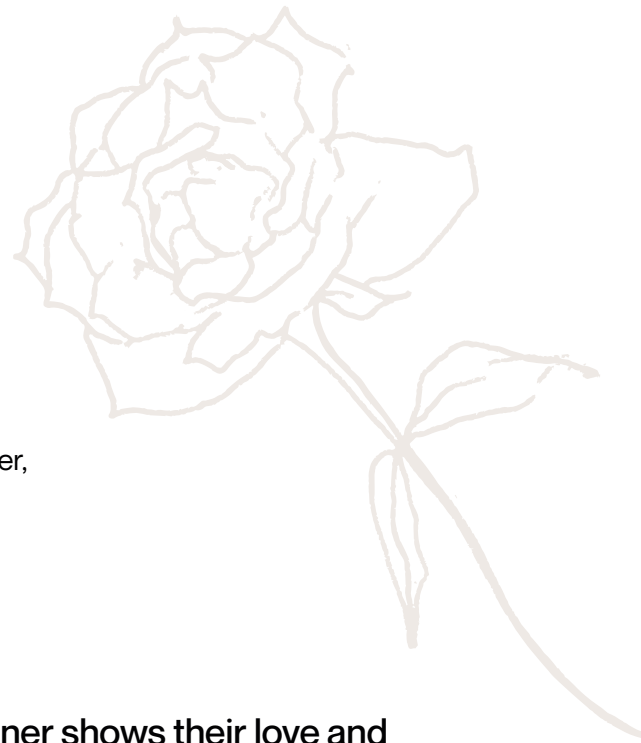


Ours

Partner Appreciation



Date: _____

Instructions: Use this worksheet to detail what you love about your partner, your favorite memories together and their best attributes. Don't forget to share your responses with your partner, whether privately or during your couples therapy session.

The qualities my partner has that continue to attract me are:

1. _____
2. _____
3. _____
4. _____
5. _____

My partner shows their love and appreciation by:

1. _____
2. _____
3. _____
4. _____
5. _____

My favorite moments and memories with my partner are:

1. _____
2. _____
3. _____
4. _____
5. _____

I value my partner for their:

1. _____
2. _____
3. _____
4. _____
5. _____