EXERCISE 3 | 10 MINUTES

"I Appreciate..." Adjective Checklist

INSTRUCTIONS:

Take a few moments and think about selected aspects of your partner's personality. Circle three to five items that you think are characteristic of your partner at times, even slightly. Feel free to come up with your own, but make sure they are positive!

For each item you circle, briefly think of an actual instance that illustrates this characteristic of your partner. Below, jot down a note about each instance. Then, share the circled adjective and the story with your partner. Enjoy!

Loving	Supportive	Committed	Lusty
Sensitive	Funny	Involved	Witty
Brave	Considerate	Expressive	Relaxed
Intelligent	Affectionate	Active	Beautiful
Thoughtful	Organized	Careful	Handsome
Generous	Resourceful	Reserved	Silly
Loyal	Athletic	Adventurous	Calm
Truthful	Cheerful	Receptive	Lively
Strong	Graceful	Reliable	Great Partner
Energetic	Elegant	Responsible	Great Parent
Sexy	Gracious	Dependable	Assertive
Decisive	Playful	Nurturing	Protective
Creative	Caring	Warm	Sweet
Imaginative	Great Friend	Virile	Tender
Fun	Exciting	Kind	Powerful
Attractive	Thrifty	Gentle	Flexible
Interesting	Vulnerable	Practical	Understanding

Jot your notes here:

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