

## ***Exercise: Thanksgiving Checklist***

We have learned that couples rarely improve their marriages by trying to change each other. Rather, partners find happiness by focusing on each other's positive attributes. Expressing gratitude and appreciation for these qualities creates a loving, accepting atmosphere between you—an optimal environment for building understanding around perpetual issues and finding ways to compromise.

For this exercise, take turns selecting three items from the following list that you really like about your spouse. (You can add your own items if you'd like.) Tell your spouse which three items you've selected for him or her. Describe in detail how you see these qualities expressed, and talk about the way they make your life better. Then thank your spouse for being this way.

I am grateful for:

- your energy
- your strength
- the way you take charge
- the way you let me direct things
- how sensitive you are to me
- how you support me and respond to my needs
- your ability to read me
- how I feel about your skin
- how I feel about your face
- how I feel about your warmth

- how I feel about your enthusiasm
- how I feel about your hair
- the way you touch me
- how safe I feel with you
- how I feel about your tenderness
- how I feel about your imagination
- how I feel about your eyes
- the way you move
- how I can trust you
- how I feel about your passion
- how you know me
- how I feel about your gracefulness
- the way you kiss me
- your playfulness
- your competence as a spouse
- your competence as a parent
- your sense of humor
- your friendship
- your loyalty
- your sense of style
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