Exercise: Three Things I Like About You

Each of you chooses three characteristics from the list below that describe your partner. (If you see more than three, save the others to repeat the exercise another time.)

Loving	Funny	Vulnerable	Lusty
Sensitive	Considerate	Committed	Witty
Brave	Affectionate	Involved	Relaxed
Intelligent	Organized	Expressive	Beautiful
Thoughtful	Resourceful	Active	Handsome
Generous	Athletic	Careful	Rich
Loyal	Cheerful	Reserved	Calm
Truthful	Coordinated	Adventurous	Lively
Strong	Graceful	Receptive	A great partner
Energetic	Elegant	Reliable	A great parent
Sexy	Gracious	Responsible	Assertive
Decisive	Playful	Dependable	Protective
Creative	Caring	Nurturing	Sweet
Imaginative	A great friend	Warm	Tender
Fun	Exciting	Virile	Powerful
Attractive	Thrifty	Kind	Flexible
Interesting	Full of plans	Gentle	Understanding
Supportive	Shy	Practical	Totally silly

For each item you choose, think about an incident when your partner displayed this characteristic and it pleased you. Jot down some notes about this incident. Take turns sharing the traits and incidents with each other. Describe why this characteristic in him or her pleases you so much.

1. CHARACTERISTIC:_____

INCIDENT:

2. CHARACTERISTIC:_____

INCIDENT:

3. CHARACTERISTIC:_____

INCIDENT: