

# I appreciate my partner

## **I appreciate my partner.**

My relationship with my partner is strong and satisfying. I appreciate my significant other. **My words and actions show them how much I love them.**

I communicate openly and tactfully. I share my thoughts and feelings. I give my partner updates on my daily activities. I discuss major decisions with them. I listen closely to them and validate their experiences.

**I express my gratitude.** I let my partner know that they make a difference in my life. I thank them sincerely and often.

I praise my partner in public. I tell my family and friends about their positive qualities. I support their relationships with their own family, friends, and colleagues.

I share responsibilities. We work as a team, recognizing each other's strengths. We divide housework and parenting.

I resolve conflicts promptly and respectfully. I understand that disagreements are natural. Being flexible and seeking common ground draws us closer together.

**I accept their quirks.** I look at the big picture. I focus on what I like about my partner instead of dwelling on pet peeves. I overlook whistling off-key and squeezing the toothpaste tube in the middle.

I make thoughtful gestures and plan romantic dates. I leave love notes in their sock drawer and cook special dinners.

Today, I show my partner kindness and appreciation. **Our relationship is a top priority.** I strengthen our connection by telling them how much I love them and looking for ways to make their life happier and easier.

## **Self-Reflection Questions:**

1. What would happen to my relationship if I took my partner for granted?
2. How can I feel close to my partner when we are apart?
3. How can I let my partner know that I am proud of them?