

# I see the best in my partner

## **I see the best in my partner.**

I am grateful for the many things that my partner brings to my life. My life would be less fulfilling and enjoyable without their presence.

Everyone has flaws. I am free from the need for my partner to be perfect. **I am able to overlook flaws and focus on their best attributes.**

I am lucky to be with such a wonderful person.

Even though my partner makes mistakes from time to time, it is easy for me to remember how lucky I am to have them in my life. Each day I am able to spend with my partner is a blessing.

I choose to see the best in my partner.

I can be challenging at times, but my partner brings out the best in me. **I am a better person because my partner is part of my life.** I feel more comfortable and confident because of my partner's influence on my life.

I fondly remember all the wonderful times I have spent with my partner. The good times make it easy to survive the challenging times. **We have overcome many challenges in the past which gives me hope and confidence for a bright future together.**

Today, I am looking forward to spending another wonderful day with my partner. I choose to see the best in my partner, and my partner chooses to see the best in me.

## **Self-Reflection Questions:**

1. What quality do I love most about my partner? What else could I choose to love about them?
2. What does my partner add to my life?
3. What would my life look like without my partner?