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a simple gratitude exercise

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List three to five things your partner recently did that made you smile:

- 1.
- 2.
- 3.
- 4.
- 5.

List three to five things your partner has done recently that made you feel supported:

- 1.
- 2.
- 3.
- 4.
- 5.

List two or three kind/nice/loving things your partner has said to you within the past few days:

- 1.
- 2.
- 3.

Think of things you need in your relationship that allow you to feel supported, seen, valued, and/or respected. Now list out a few needs that your partner is really good at meeting most of the time:

What's one thing your partner does that typically delights you in some way?

What are two or three specific compliments or words of praise you would like to make sure you say to your partner over the next few days?

- 1.
- 2.
- 3.

What words of praise would you like to ask for from your partner that you've been wanting to hear and haven't? (Not sure how to do this? [Check out the appreciation game](#) by Reid Mihalko & Cathy Vartuli.)

What is something specific and meaningful you need to ask for in order to feel more supported in your relationship? How can you ask for it in a way that sets you both up for success? (ex: I've been feeling especially stressed lately because of this deadline at work and my parents are coming to visit next week. I would like to ask for help in a way that feels fair to you while also feeling less stressed on my end. One thing I came up with is I'd feel a lot of relief if I didn't have to do the grocery shopping this week or if I didn't have to find time to do laundry. Would you be willing to do one of those things by Friday? If you have other ideas, I'd love to talk about them.)