

Valuing My Partner Worksheet

We often focus on the negatives, ignoring all the good in our lives. This can be true of how we see ourselves, our environment, and also our relationships.

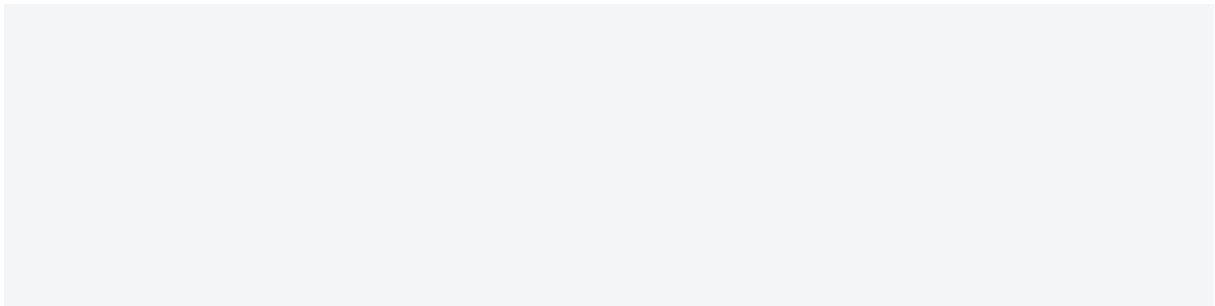
Spending time considering the qualities, shared memories, and what we value in our partner can help us see our relationship in a more positive light.

What qualities first attracted me to my partner?

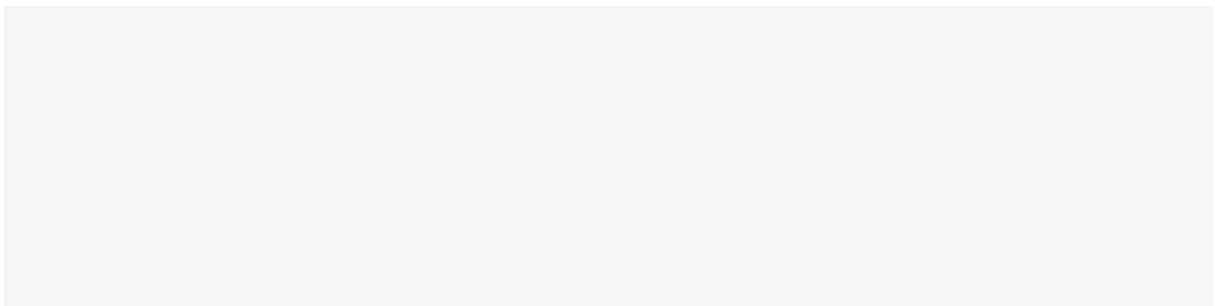
What qualities do I find attractive in my partner now?

What are my favorite memories of time spent with my partner?

When does my partner show me how much he cares about and values me?



Why do I value my partner?



Dr. Jeremy Sutton