

"I APPRECIATE..."

Circle 3 words that are characteristic of your partner. If more than 3 apply, come back and do the exercise again.

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|-----------------|--------------------|---------------------|----------------|
| 1. Loving | 21. Affectionate | 41. Active | 61. Calm |
| 2. Sensitive | 22. Organized | 42. Careful | 62. Lively |
| 3. Brave | 23. Resourceful | 43. Reserved | 63. Rich |
| 4. Intelligent | 24. Athletic | 44. Adventurous | 64. Witty |
| 5. Thoughtful | 25. Cheerful | 45. Receptive | 65. Assertive |
| 6. Generous | 26. Coordinated | 46. Reliable | 66. Protective |
| 7. Loyal | 27. Graceful | 47. Responsible | 67. Sweet |
| 8. Truthful | 28. Elegant | 48. Dependable | 68. Tender |
| 9. Strong | 29. Gracious | 49. Nurturing | 69. Powerful |
| 10. Energetic | 30. Playful | 50. Warm | 70. Flexible |
| 11. Sexy | 31. Caring | 51. Virile | 71. Lusty |
| 12. Decisive | 32. A great friend | 52. Kind | 72. Relaxed |
| 13. Creative | 33. Exciting | 53. Gentle | |
| 14. Imaginative | 34. Thrifty | 54. Practical | |
| 15. Fun | 35. Full of plans | 55. Understanding | |
| 16. Attractive | 36. Shy | 56. Handsome | |
| 17. Interesting | 37. Vulnerable | 57. Totally Silly | |
| 18. Supportive | 38. Committed | 58. Beautiful | |
| 19. Funny | 39. Involved | 59. A great parent | |
| 20. Considerate | 40. Expressive | 60. A great partner | |

For each item you checked, write of an incident that illustrates this characteristic and the incident.

1. Characteristic _____
Incident _____
2. Characteristic _____
Incident _____
3. Characteristic _____
Incident _____