

Cherishing Your Partner

*Adapted from Eight Dates by John and Julie Gottman

Using the list below, circle the qualities that apply to your partner and think of an example of when your partner displayed that characteristic. On your next date, go through your list, share some of the examples, and let your partner know that you are grateful for these qualities.

What I really cherish about you is that you are so:

| | | |
|--------------|---------------|----------------|
| Active | Calm | Curious |
| Adaptable | Capable | Daring |
| Adventurous | Caring | Dedicated |
| Ambitious | Cheerful | Dependable |
| Appreciative | Clever | Determined |
| Artistic | Compassionate | Devoted |
| Authentic | Confident | Easygoing |
| Aware | Conscientious | Empathetic |
| Balanced | Considerate | Enduring |
| Bold | Courageous | Ethical |
| Brave | Creative | Fair |
| Feisty | Mellow | Responsible |
| Flexible | Musical | Self-confident |

| | | |
|---------------|--------------|---------------|
| Forgiving | Neat | Sensitive |
| Friendly | Nurturing | Sincere |
| Fun | Observant | Smart |
| Generous | Open-minded | Sociable |
| Gentle | Optimistic | Spiritual |
| Happy | Organized | Stable |
| Hardworking | Patient | Strong |
| Healthy | Peaceful | Supportive |
| Helpful | Perceptive | Thoughtful |
| Honest | Persevering | Tolerant |
| Humble | Practical | Trusting |
| Humorous | Principled | Trustworthy |
| Insightful | Quick-witted | Truthful |
| Intelligent | Quiet | Understanding |
| Interesting | Rational | Unselfish |
| Intuitive | Reliable | Warm |
| Kind | Resilient | Wise |
| Knowledgeable | Resourceful | Witty |
| Loyal | Respectful | |