

Gottman's "I Appreciate" Checklist

It is important to examine the positive aspects of your spouse's personality. Many times people lose sight of all these positive aspects of the partner and of the relationship. If these positive areas of the marriage get acknowledged and discussed, change is often more possible and exploring these areas that you appreciate may have positive consequences.

Instructions: Think about the selected aspects of your spouse's personality. Circle five items that you think are characteristic of your spouse at times. For each item you circle, briefly think of an actual incident that really happened that illustrates this characteristic of your partner. After you have finished this, share two characteristics/incidents with your spouse.

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