

Couple's Strengths Exploration

In a new relationship, it's easy to recognize your partner's great qualities. However, as time goes on, some of these qualities might be taken for granted. What you once thought was amazing starts to feel normal.

When this happens, it is valuable to *purposefully* appreciate your partner's strengths. Doing so can help build a happier and more satisfying relationship.

i In this activity, you will identify your partner's strengths and share memories that highlight them.

Circle five of your partner's greatest strengths.

Tip: It may help to think of the qualities that initially attracted you to your partner.

Wisdom	Artistic Ability	Curiosity	Leadership
Empathy	Honesty	Open Mindedness	Persistence
Enthusiasm	Kindness	Love	Conscientiousness
Fairness	Bravery	Cooperation	Forgiveness
Modesty	Common Sense	Self-Control	Patience
Gratitude	Energetic	Humor	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athleticism	Discipline	Assertiveness	Logic
Optimism	Independence	Flexibility	Adventurousness
Stability	Nurturing	Spontaneity	Thoughtfulness

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Choose three of the strengths you circled. For each one, describe a memory where your partner displayed the strength.

Strength 1:

Strength 2:

Strength 3: