



678-374-9555

Allison Caffyn, LPC and Murray Dabby, LCSW

www.thecouplescollege.com

The “I Appreciate...” Checklist

Take a minute to think about selected aspects of your partner’s personality. Circle three to five items that you think are characteristic of your partner at times, even slightly. For each item you circle, briefly think of an actual incident that illustrates this characteristic of your partner. Jot down a note about this incident next to the item. Then share the circled adjective and incident with them. Enjoy!

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

*Adapted from Drs. Julie and John
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