

The Appreciation Exercise

A daily practice for couples

WHY THIS PRACTICE

We all need to feel appreciated by our partner — this practice helps make that appreciation visible, out loud, and often.

STEPS

- 1 **Partner A** requests the appreciation exercise.
- 2 **If Partner B isn't in the right space**, make an appointment for another time — or Partner B can initiate when ready.
- 3 **Partner A** shares 3 concise, authentic appreciations using phrases like “I would like to appreciate you for...” or “I appreciate that...”
- 4 **Partner B** receives the appreciations and expresses gratitude.
- 5 **Partner A asks:** “Is there anything that you would like to be appreciated for?”
- 6 **Partner B** offers something concise and authentic.
- 7 **Partner A** then appreciates Partner B for that.
- 8 **Partner B** expresses gratitude.
- 9 **Repeat steps 3–8** with partners switching roles.

TIPS

- ◆ Practice daily or several times a week — especially if it feels awkward at first.
- ◆ Avoid the exercise when either partner is emotionally charged.
- ◆ You can recycle items from previous days if you authentically feel them in the moment.
- ◆ Use specific recent events or broader patterns over time — both work beautifully.
- ◆ As Partner B, simply listen, receive, absorb, and thank — until Step 5.

KEY PHRASES FROM THE EXERCISE

STEP 3 — PARTNER A OFFERS

“I would like to appreciate you for...”
“I appreciate that...”

STEP 5 — PARTNER A ASKS

“Is there anything that you would like to be appreciated for?”