

# humantold

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## How Much Do You Actually Cherish Your Partner?

Thinking about ways to cherish your partner will give power to your connection. So many options (99 to be exact!) are listed because it's not likely that each and every one will resonate for you—but for the ones that do resonate (hopefully a lot of them!), make a commitment to tell your partner that you cherish this quality in them. Create a ritual time—maybe once a week—for cherishing your partner out loud. Yes, you might need to set a reminder until you get the hang of it— that's okay!

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### Instructions

Imagine a life-size cutout portrait of your partner. Now imagine covering the portrait with sticky notes that tell the story of all you've accomplished and enjoyed together. It can be all the fun times, the comforts, the small silly things, the dreams, the frustrations that you've conquered. Just consider your whole story and what living this life together so far has given you. Now read the prompts below. Each one is a reason to communicate that you cherish your partner. They are simple yes-or-no answers and there are so many of them for a reason.

### I Told You That I Cherish You Because:

1. We have played together and had fun together.

Yes       No       Tell Partner

2. We have laughed together easily.

Yes       No       Tell Partner

3. We have traveled well together.

Yes       No       Tell Partner

4. No one in the world can replace you.

# humantold

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Yes       No       Tell Partner

5. We have been able to comfort each other.

Yes       No       Tell Partner

6. We have worked out our finances with each other.

Yes       No       Tell Partner

7. We have learned to truly trust each other.

Yes       No       Tell Partner

8. You have supported a personal dream of mine.

Yes       No       Tell Partner

9. You have been a great provider.

Yes       No       Tell Partner

10. We had some great adventures together.

Yes       No       Tell Partner

11. We have had some great road trips.

Yes       No       Tell Partner

12. We have enjoyed learning together.

# humantold

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Yes       No       Tell Partner

13. You know me well.

Yes       No       Tell Partner

14. I love the way you experience nature.

Yes       No       Tell Partner

15. We enjoyed singing together.

Yes       No       Tell Partner

16. We have done things together that I could never have done with anyone else.

Yes       No       Tell Partner

17. You have been trustworthy.

Yes       No       Tell Partner

18. We have helped heal each other after experiencing a loss or setback.

Yes       No       Tell Partner

19. We parented a child together.

Yes       No       Tell Partner

20. You are worth more to me than material things.

# humantold

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Yes       No       Tell Partner

21. You have been loyal.

Yes       No       Tell Partner

22. I love how spontaneous you can be.

Yes       No       Tell Partner

23. You have taught me a lot.

Yes       No       Tell Partner

24. You accept me in spite of my faults.

Yes       No       Tell Partner

25. You have understood some of my personal goals.

Yes       No       Tell Partner

26. We played music so well together.

Yes       No       Tell Partner

27. I respect your wisdom.

Yes       No       Tell Partner

28. We have been a great team.

# humantold

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Yes       No       Tell Partner

29. I love the way you welcome guests.

Yes       No       Tell Partner

30. I love how organized and efficient you can be.

Yes       No       Tell Partner

31. We enjoyed listening to the same music together.

Yes       No       Tell Partner

32. I admire so many of your skills.

Yes       No       Tell Partner

33. You have loved or helped some of my relatives.

Yes       No       Tell Partner

34. I admire how brave you have been at times.

Yes       No       Tell Partner

35. I respect your values.

Yes       No       Tell Partner

36. You understand my sense of humor.

# humantold

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Yes       No       Tell Partner

37. You have taken my side against someone who attacked me.

Yes       No       Tell Partner

38. We enjoy sex together.

Yes       No       Tell Partner

39. You always look great.

Yes       No       Tell Partner

40. I really appreciate the times when you have covered for me when I have been down.

Yes       No       Tell Partner

41. I can really count on you when the chips are down.

Yes       No       Tell Partner

42. We loved a pet together.

Yes       No       Tell Partner

43. We fell in love with each other.

Yes       No       Tell Partner

44. You can make me feel safe.

# humantold

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Yes       No       Tell Partner

45. We loved a child together.

Yes       No       Tell Partner

46. You are a kind person.

Yes       No       Tell Partner

47. You have forgiven me.

Yes       No       Tell Partner

48. We helped a friend in need together.

Yes       No       Tell Partner

49. I love how romantic you are.

Yes       No       Tell Partner

50. You are actually attracted to me.

Yes       No       Tell Partner

51. I love your mind.

Yes       No       Tell Partner

52. You are generous.

# humantold

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Yes       No       Tell Partner

53. We have worked out some major conflicts between us.

Yes       No       Tell Partner

54. We took care of a relative together.

Yes       No       Tell Partner

55. I respect the way you treated a friend.

Yes       No       Tell Partner

56. I felt loved and cared for by you.

Yes       No       Tell Partner

57. I love the way you look in the shower.

Yes       No       Tell Partner

58. You helped build a home of solace and peace.

Yes       No       Tell Partner

59. You are a thoughtful person.

Yes       No       Tell Partner

60. We developed similar ethical values together.



# humantold

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Yes       No       Tell Partner

61. You loved my mother.

Yes       No       Tell Partner

62. You have comforted me when I was afraid.

Yes       No       Tell Partner

63. We have had some really romantic trips and dates.

Yes       No       Tell Partner

64. Our values and beliefs have meshed.

Yes       No       Tell Partner

65. I respect your intelligence.

Yes       No       Tell Partner

66. You have supported me against enemies I have had.

Yes       No       Tell Partner

67. I love the way you have at times really listened to me.

Yes       No       Tell Partner

68. You are a great parent.

# humantold

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Yes       No       Tell Partner

69. When I was sick you took care of me.

Yes       No       Tell Partner

70. When I most doubted myself, you were in my corner.

Yes       No       Tell Partner

71. You have supported my own personal goals.

Yes       No       Tell Partner

72. I love the fact that you are not arrogant.

Yes       No       Tell Partner

73. You have stood up for me when someone criticized me in public.

Yes       No       Tell Partner

74. We gave birth to a child together.

Yes       No       Tell Partner

75. We created a home together.

Yes       No       Tell Partner

76. We had many of the same goals in life.

# humantold

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Yes       No       Tell Partner

77. I appreciate the fact that you are not a snob.

Yes       No       Tell Partner

78. I am very attracted to you.

Yes       No       Tell Partner

79. We have been together for so long.

Yes       No       Tell Partner

80. We worked together to create community.

Yes       No       Tell Partner

81. I am grateful that I can feel proud of you.

Yes       No       Tell Partner

82. We have overcome adversity together.

Yes       No       Tell Partner

83. I appreciate the fact that I can really be myself with you.

Yes       No       Tell Partner

84. You've always supported my own development.

# humantold

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Yes       No       Tell Partner

85. I love how nice you are to strangers.

Yes       No       Tell Partner

86. I really cherish the way you have helped me grieve.

Yes       No       Tell Partner

87. I really appreciate that we have worshiped or prayed together.

Yes       No       Tell Partner

88. I feel confident that we can get through any turmoil together.

Yes       No       Tell Partner

89. I appreciate that I can always talk to you when I feel down.

Yes       No       Tell Partner

90. I love how honest you have been.

Yes       No       Tell Partner

91. I respect the fact that you work very hard.

Yes       No       Tell Partner

92. I love the fact that you can laugh at yourself.

# humantold

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Yes       No       Tell Partner

93. We have celebrated successes together.

Yes       No       Tell Partner

94. You are one of my best friends.

Yes       No       Tell Partner

95. I love that you are not at all phony.

Yes       No       Tell Partner

96. There have been times when I have felt lost and you helped me find my way.

Yes       No       Tell Partner

97. I love our spiritual connection.

Yes       No       Tell Partner

98. You have been strong at times when I have felt very weak.

Yes       No       Tell Partner

99. I feel that we can be proud of what we have built together in life.

Yes       No       Tell Partner

Adapted from *Eight Days: Essential Conversations for a Lifetime of Love* by John Gottman, Julie Schwartz Gottman, Doug Abrams, and Rachel Carlton Abrams