

humantold

'I appreciate...' Adjectives Checklist

This activity is to boost fondness and admiration between partners.

Start by taking a few moments and think about selected aspects of your partner's personality. Circle 3-5 items that you think are characteristics of your partner at times, even slightly.

- For each item you circle, briefly think of an actual experience that illustrates this characteristic of your partner and write it down.
- Once both partners have completed this task share the circled adjectives and the experience with each other.

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|------------------------------------|--------------------------------------|---------------------------------------|
| <input type="radio"/> Loving | <input type="radio"/> Cheerful | <input type="radio"/> Warm |
| <input type="radio"/> Sensitive | <input type="radio"/> Coordinated | <input type="radio"/> Virile |
| <input type="radio"/> Brave | <input type="radio"/> Graceful | <input type="radio"/> Kind |
| <input type="radio"/> Intelligent | <input type="radio"/> Elegant | <input type="radio"/> Gentle |
| <input type="radio"/> Thoughtful | <input type="radio"/> Gracious | <input type="radio"/> Practical |
| <input type="radio"/> Generous | <input type="radio"/> Playful | <input type="radio"/> Lusty |
| <input type="radio"/> Loyal | <input type="radio"/> Caring | <input type="radio"/> Witty |
| <input type="radio"/> Truthful | <input type="radio"/> A great friend | <input type="radio"/> Relaxed |
| <input type="radio"/> Strong | <input type="radio"/> Exciting | <input type="radio"/> Beautiful |
| <input type="radio"/> Energetic | <input type="radio"/> Thrifty | <input type="radio"/> Handsome |
| <input type="radio"/> Sexy | <input type="radio"/> Shy | <input type="radio"/> Silly |
| <input type="radio"/> Decisive | <input type="radio"/> Vulnerable | <input type="radio"/> Calm |
| <input type="radio"/> Creative | <input type="radio"/> Committed | <input type="radio"/> Lively |
| <input type="radio"/> Imaginative | <input type="radio"/> Involved | <input type="radio"/> A great partner |
| <input type="radio"/> Fun | <input type="radio"/> Expressive | <input type="radio"/> A great parent |
| <input type="radio"/> Attractive | <input type="radio"/> Active | <input type="radio"/> Assertive |
| <input type="radio"/> Interesting | <input type="radio"/> Careful | <input type="radio"/> Protective |
| <input type="radio"/> Supportive | <input type="radio"/> Reserved | <input type="radio"/> Sweet |
| <input type="radio"/> Funny | <input type="radio"/> Adventurous | <input type="radio"/> Tender |
| <input type="radio"/> Considerate | <input type="radio"/> Receptive | <input type="radio"/> Powerful |
| <input type="radio"/> Affectionate | <input type="radio"/> Reliable | <input type="radio"/> Flexible |
| <input type="radio"/> Organized | <input type="radio"/> Responsible | <input type="radio"/> Understanding |
| <input type="radio"/> Resourceful | <input type="radio"/> Dependable | <input type="radio"/> Others (Your |
| <input type="radio"/> Athletic | <input type="radio"/> Nurturing | Ideas): |