

Daily Appreciations A Relationship Tool That Transforms

When we first fall in love, we automatically shower our partner with appreciations. And while appreciations continue to be an important part of a safe and healthy relationship, as time passes, it is normal to forget to tell our partner, think we already told them, or just stop noticing how special they are.

Giving, and getting, daily appreciations is one way to increase safety in relationship and rekindle feelings of love and connection. During the "Getting The Love You Want" workshop for couples, each partner receives an appreciation jar with their partner's name on it. Every time they think of something they appreciate about their partner, they write it down and put it in their jar. At the end of the day, they read what their partner appreciates about them. It is fun to see their faces light up with excitement and joy.

Appreciations are easy, fun and positive investments in your relationship. They can be about anything; a physical trait, character trait or an action.

The basic format is:

"One thing I appreciate about you is _____."

An example may sound like:

"One thing I appreciate about you is your smile."

Just name the quality or action you value in your partner. It is a daily acknowledgement that you notice they are kind, generous, caring, funny, sensuous, etc. Try it daily for one week and see the joy and excitement in your partner's face. By the end of the week you will see how this simple gift can transform your relationship.