

Developing Appreciation & Gratitude*

1. Which of your partner's qualities did you fall in love with?
2. What value does he or she bring to your life?
3. What is the magnitude of his or her wisdom or contribution to your well-being and happiness?
4. If you were a perfectly loving parent to your partner, how would you judge him or her?
5. How do your partner's best friends perceive him or her?
6. What is the most alluring or beautiful thing about your partner?
7. What is something you used to be crazy about in your partner that you take for granted now?
8. How have things gotten better in your relationship? (Even if you feel like you might break up—there could be newfound appreciations.)
9. How could your love and passion deepen and improve in the coming years?

These questions are taken from Dr. Diana Kirschner's, *Thirty Days to Love Relationship Turnaround* (2013). I highly recommend downloading her powerful e-book from Amazon.