



Partnership Appreciations

My Partner's Qualities

The qualities that initially attracted me to my partner were:	
1	
2	
3	

My favorite memories with my partner have been:	
1	
2	
3	

My partner shows me appreciation by:	
1	
2	
3	

I value my partner because:	
1	
2	
3	

Japanese art of self-reflection (Naikan, 2002)

Take at least thirty minutes to do this exercise.

Column 1: List everything your partner has given you in the last week. Be specific and concrete—for example, *He made me pancakes for breakfast yesterday*, not *He does the cooking*. Don't move on until you've listed everything your partner gave you—even the expected things.

Column 2: Write about what you gave him/her. You can spend less time laboring over this column. Nevertheless, be specific and concrete.

Column 3: The trouble I caused him/ her. As with the first column, do this thoroughly. Be honest: Whether you intend to or not, you cause trouble and can be burdensome to your partner. Now study your finished inventory.

What he/she gave me

What I gave him/her

The trouble I caused

If you did it correctly, the first and third columns should be longer than the second one. Notice in particular what you receive from your partner but tend to take for granted. You might find yourself inclined to write a letter of gratitude for three things your partner gave you. You might even feel compelled to write a letter of apology for three things you did to cause your partner grief.