



# Maintaining a Healthy Relationship

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## Relationship Gratitude Activity

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Relationships can be tough. It is not uncommon for partners to struggle with a few issues. Sometimes an issue that a dynamic can face is remembering to express appreciation for one another. Feeling unappreciated can cause a lot of tension in a relationship, which is why it is important to incorporate gratitude exercises. Gratitude exercises can help partners grow together and learn how to communicate the good things they appreciate to one another. This is instrumental for strengthening the bond in a relationship.

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## About This Worksheet

This Relationship Gratitude Activity serves as a blueprint to help partners learn how to express gratitude toward one another. Even if they are not having issues now, it does not mean they should not still be working to improve their dynamic.

This worksheet is broken down into 3 relationship gratitude suggestions. Each suggestion comes with reflection questions. The reflection questions help partners learn how to reach one another and how to express appreciation for each other.

# Relationship Gratitude

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Gratitude is a huge tool for improving a relationship. It is important to show appreciation for your partner. It is also important to be on the same page of how each of you shows appreciation towards one another. Work together to complete the activities below to strengthen skills for showing gratitude.

## ACTIVITY ONE

It is important to know what each of you can do to show appreciation in the relationship.

What are 3 ways your partner wants to be shown gratitude?

- 1.
- 2.
- 3.

What are 3 ways you want to be shown gratitude from your partner?

- 1.
- 2.
- 3.

# Relationship Gratitude

## ACTIVITY TWO

EVERYONE HAS A DIFFERENT PERSPECTIVE OF HOW GRATITUDE IS SHOWN. SOMETIMES, ONE PARTNER CAN BE SHOWING GRATITUDE IN A WAY THAT IS NOT RECOGNIZED OR APPRECIATED BY THE OTHER PARTNER.

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What are 3 ways your partner does not want to be shown gratitude?

- 1.
- 2.
- 3.

What are 3 ways you do not want to be shown gratitude from your partner?

- 1.
- 2.
- 3.

# Relationship Gratitude

## ACTIVITY THREE

IT IS COMMON FOR PARTNERS TO GET WRAPPED UP IN LIFE AND MISS THE GOOD THINGS THEY DO FOR ONE ANOTHER. KNOWING WHEN TO SHOW APPRECIATION TOWARD ONE ANOTHER IS AN IMPORTANT WAY TO IMPROVE GRATITUDE IN THE RELATIONSHIP.

What are 3 instances when your partner should be shown gratitude?

- 1.
- 2.
- 3.

What are 3 instances when you should be shown gratitude?

- 1.
- 2.
- 3.

# Relationship Gratitude

## ACTIVITY THREE

What are 3 instances when your partner wants be shown gratitude?

- 1.
- 2.
- 3.

What are 3 instances when you want to be shown gratitude?

- 1.
- 2.
- 3.