

### Fondness & Admiration Exercise

Before doing this exercise it's advisable to first assess your "Love Map" as discussed in the link in the Resource section of the website. From the list below, circle three items that you think are characteristic of your partner. If there are more than three, still circle just three. If you're having difficulty coming up with three, feel free to define the word *characteristic* very loosely. Even if you can recall only one instance when your partner displayed this characteristic, you can circle it.

1. Loving
2. Sensitive
3. Brave
4. Intelligent
5. Thoughtful
6. Generous
7. Loyal
8. Truthful
9. Strong
10. Energetic
11. Sexy
12. Decisive
13. Creative
14. Imaginative
15. Fun
16. Attractive
17. Interesting
18. Supportive
19. Funny
20. Considerate
21. Affectionate
22. Organized
23. Resourceful
24. Athletic
25. Cheerful
26. Coordinated
27. Graceful
28. Elegant
29. Gracious
30. Playful
31. Caring
32. A great friend
33. Exciting
34. Thrifty
35. Full of plans
36. Shy
37. Vulnerable
38. Committed
39. Involved
40. Expressive
41. Active
42. Careful
43. Reserved
44. Adventurous
45. Receptive
46. Reliable
47. Responsible
48. Dependable
49. Nurturing
50. Warm
51. Virile
52. Kind
53. Gentle
54. Practical
55. Lusty
56. Witty
57. Relaxed
58. Beautiful
59. Handsome
60. Rich
61. Calm
62. Lively
63. A great partner
64. A great parent
65. Assertive
66. Protective
67. Sweet
68. Tender
69. Powerful
70. Flexible
71. Understanding
72. Totally silly

For each item you checked, briefly think of an actual incident that illustrates this characteristic of your partner. Write the characteristic and the incident in your notebook or journal as follows:

1. Characteristic \_\_\_\_\_

Incident \_\_\_\_\_

2. Characteristic \_\_\_\_\_

Incident \_\_\_\_\_

3. Characteristic \_\_\_\_\_

Incident \_\_\_\_\_

Now, share your list with your partner. Let him or her know what it is about these traits that you value so highly.

(By John Gottman, Ph.D., *The Seven Principles of Making Marriage Work*)