

What I Like About You

After the “honeymoon” is over it’s easy to take your spouse for granted and forget all the positive traits that he or she possesses. During times of frustration it’s important to remember what we do appreciate. Using the list of traits below, circle three traits that describe your spouse (even if only somewhat). Next to your circled answer, jot some notes about a specific incident when your spouse displayed this trait. Your spouse should privately do the same. Then schedule a time to share your answers with each other. What would it take to make this kind of “building up” conversation a regular part of your relationship?

Loving	Adventurous	Fun
Smart	Creative	Good w/ money
Honest	Accepting	Authentic
Strong	Vulnerable	Entertaining
Sweet	Thoughtful	God Seeker
Dependable	Giving	Funny
Generous	Considerate	Charming
Good listener	Encouraging	Sympathetic
Sincere	Available	Conscientious
Loyal	Trustworthy	Reliable
Sensitive	Introspective	Reflective
Spontaneous	Planner	Joyful
Problem solver	Compassionate	Committed
Truthful	Determined	Thrifty
Capable	Playful	Hard worker