

Praise & Thanks¹

What are her positive attributes?

What attracted you to her when you were dating? What do others say about her? What's the positive flip-side to a trait you don't like so much?

- physical
- emotional
- intellectual
- social
- spiritual

What are her gifts and burdens?

What positive impact has she had on you and/or others?

What good things does she do consistently?

- functional good deeds
- relational good deeds

What extraordinary thing has she done for you, the relationship or someone else lately?

What are some ways you might let her know that you appreciate her?

¹ This is just for you; your assessment so that you can praise and thank her.