



Noticing Appreciation Together

Relationships & connection • Printable practice

Small, sincere acknowledgments can help couples notice what is working, not only what needs repair.

Notice a specific action

Think of something your partner did recently that helped you, made you smile, or showed effort.

Say what it meant

Share the action and why it mattered to you without adding a correction or a request.

Make the practice mutual

Give each person a turn, without requiring identical words or a perfect response.

Try it together

1. One effort I noticed this week was...

2. The quality that effort showed me was...

3. A small way I would like us to connect this week is...
