

“I Appreciate.....” Exercise

This is a gratitude exercise that works well with someone important in your life (adapted from John Gottman’s “I appreciate...” exercise; Gottman, 2000).

Think of someone in your life to whom you wish to express appreciation. From the list below, pick three qualities that characterize the person you have in mind. Even if you think of more than three, stick to just three qualities.

- Loving
- Sensitive
- Brave
- Intelligent
- Thoughtful
- Generous
- Loyal
- Truthful
- Strong
- Energetic
- Decisive
- Creative
- Imaginative
- Fun
- Attractive
- Interesting
- Supportive
- Funny
- Considerate
- Affectionate
- Organized
- Resourceful
- Athletic
- Cheerful
- Coordinated
- Graceful
- Elegant
- Gracious
- Playful
- Caring
- A great friend
- Exciting
- Full of plans
- Shy
- Vulnerable
- Committed
- Involved
- Expressive
- Active
- Careful
- Reserved
- Adventurous
- Receptive
- Reliable
- Responsible
- Dependable
- Nurturing
- Warm
- Kind
- Gentle
- Practical
- Witty
- Relaxed
- Beautiful
- Handsome
- Calm
- Lively
- A great parent
- Assertive
- Protective
- Sweet
- Tender
- Powerful
- Flexible
- Understanding
- Smart
- Humble
- Totally silly

Write down the three qualities below. Now think of a time that the person you have in mind displayed these characteristics. Write it the space provided:

1. Characteristic

Incident

2. Characteristic

Incident

3. Characteristic

Incident

Now be brave! Go share this list with the person you had in mind, including the examples you came up with. Feel free to repeat this exercise with as many people as you feel comfortable. If you think of more than three qualities for one person, feel free to do this exercise twice with the same person.

Gottman, J. (2000). The seven principles for making marriage work. Orion.