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| **Gratitude date**More than any other attitude being grateful for what we have determines how happy we are with our life. As mature adults, we need to learn the REGULATE our appreciation for others – especially our beloved. There may be times when we don’t see the good – and this blocks the flow of love. At such moments we need to learn to take time to see the good in him or her – and once some sense of appreciation is found, the appreciation/giving cycle flows again. Go down the list of possible benefits you’ve received in your romantic relationship. On a separate piece of paper, write down the good things you feel you have received by being in your marriage – the things you like or have liked. (E.g. Write … I like the fact that I have someone to hug everyday). Alternatively, think of a special moment in your relationship, a beautiful memory from the past, and write a summary of that. Then share some of your stories of appreciation with each other. |
| **Practical Developments and Benefits** |
| **Mastery** | This relationship has allowed me to learn new aspects of love – allowing me to grow towards having mastery over love - and knowing that I have these skills is important to me. |
| **Task Creativity** | I enjoy the practical job of making a home for my family (For example: Learning how to make the home look nice or how to cook) - and I’ve enjoyed this area of our relationship |
| **Management** | Our relationship has helped me become more organized and disciplined and this was good for me to learn. |
| **Material Gain** | I know that by being in a strong committed relationship I am probably financially better off. |
| **Safety** | I know that by being in a strong committed relationship I, and my children, have, on average, been more physically secure and free from physical risk or harm. |
| **Physical Well-Being** | Our relationship has encouraged or inspired me to eat more healthily and take care of my health and I appreciate that. I also have someone to share my problems with and that benefits me. |
| **Social benefits – What I Receive By Being Part of a Community** |
| **Individuality** | Having the support of my partner has allowed me to develop in my profession or other areas of my life. |
| **Personal Social benefits** | I know I usually have enjoyed many social benefits in our relationship (e.g.; companionship, someone to hug, someone to change the light bulb, someone to do the laundry) |
| **Resource Acquisition** | My partner and extended family have often given me support, assistance, advice, or validation and this has been important to me |
| **Equity** | Despite our difficulties, my partner has usually tried to be fair - doing their share of the chores or helping with the kids, fixing things, etc |
| **Social Benefits – A Chance To Give Of Myself – To Develop My Character** |
| **Belongingness** | I appreciate that I’ve had the chance to learn how to create moments of friendship, intimacy and a sense of community with my partner and extended family. |
| **Social Responsibility** | Our relationship has allowed me to become responsible through taking care of my partner and our children or allowed me to give something to our local community or church |
| **Resource Provision** | I think it’s important that I’ve developed my ability to care about people through supporting, assisting, advising, or validating my partner and his/her extended family. |
| **Affective Benefits - Past good feelings** |
| **Excitement** | When I look back now I can say I value many of the exciting moments and challenges that have been part of our relationship - it allows me to feel I can experience many things life can offer. |
| **Tranquility** | When I look back I know I have enjoyed many moments of relaxation, comfort and well-being |
| **Happiness** | When I look back I have had many moments of laughter, beauty or happiness in our relationship. My partner has many charming points – and I have fallen in love with them again and again. |
| **Bodily Sensations** | I’ve enjoyed many moments of pleasure through physical contact with my partner |
| **Cognitive Benefits - Developing Wisdom** |
| **Curiosity** | Life is about learning - and I’ve enjoyed the reading and conversations I’ve had as I’ve tried to find out how to build true love |
| **Understanding** | Our relationship experience has enabled me to have deep realizations about who I am and how I can become a better person - and this has been good for me. |
| **Intellectual Creativity** | I’ve enjoyed being able to develop my own personal philosophy about love and life - and without our relationship it wouldn’t have happened. |
| **Positive Self-Evaluations** | By getting things right in our relationship I have often had a sense of pride, self-confidence, or self-worth. |
| **Transcendent Goals** |
| **Unity** | I want to experience a profound or spiritual sense of connectedness, harmony, or oneness - and my partner and I have experienced such moments |
| **Transcendence** | My relationship with my partner has often allowed me to find meaning in my life, a purpose for living - the development of my love to ever-higher levels. |