



A MONTH'S MENU OF APPRECIATION

The sentences that appear in bold are appreciations that the Giver expresses verbally. You'll also find some types of appreciation activities that are non-verbal. If your Receiver is open to suggestions, ask him/her take two full, relaxed breaths after receiving an appreciation and say a simple "thank you."

Day One:

We'll begin by opening the flow of appreciation and generating appreciation for your partner's being or essence, apart from anything s/he does. Giver, some time during the day, make eye contact with your partner and say:

"I appreciate you for being in my life."

Receiver, practice taking two full, relaxed breaths and saying "thank you."

Day Two:

"One unique quality you have that I appreciate is _____."

(their warmth, the quality of their laugh, their commitment to excellence, etc.)

Day Three:

"I appreciate your skill in _____."

(e.g., carpentry, writing, weaving, singing)

Day Four:

"I appreciate your body and especially your _____."

(calves, belly, breasts, butt)

Day Five:

"One aspect of your voice I really appreciate is _____."

(e.g., tone, resonance, melody, warmth).

Day Six:

"I appreciate the way you've helped me to grow by _____."

(e.g., telling the truth even about difficult things, sharing feelings at a deep level, shifting out of conflicts easily).

Day Seven:

"Something that I really appreciate that you do without drawing any attention to it is _____."

(putting the toilet seat down, emptying the trash, putting the clean clothes away, checking the kids' homework)

Day Eight:

Today, appreciate something about your partner's essence verbally to another person.

"One thing I really appreciate about _____ is _____."

(e.g., sensitivity, expressiveness, sense of humor)

Day Nine:

Put a card under your partner's pillow, filling in the following sentence.

"I'm falling in love with your _____ all over again."

Day Ten:

"One thing you do I appreciate, that I've sometimes taken for granted, is _____."

(e.g., having doors opened for you, finding your favorite foods in ample supply in the refrigerator)

Day Eleven:

"Something about the way you see the world that I appreciate is _____."

(e.g., they really like bright color, enjoy plants, see the potential in people)

Day Twelve:

"I appreciate the value you place on _____."

(e.g., staying connected with friends, keeping your space uncluttered, putting creativity first in your day)

Day Thirteen:

Make and hang a banner to greet your partner coming home that completes the following sentence:

"I appreciate the way you create beauty in our lives by _____."

(planting bulbs, choosing utensils that feel good, recycling)

Day Fourteen:

This is an opportunity to appreciate something about your partner that s/he has a hard time appreciating, such as a body part, an old habit, a belief about his or her potential or worth.

"I appreciate your _____ and am creating the space for you to appreciate it too."

(e.g., thighs, productivity, belief that you're not good enough)

Day Fifteen:

Today take five-ten minutes to sit back to back with your partner and lean against each other as you feel the movement of your breath through your backs. With each out-breath, send appreciation telepathically to your partner for just being.

Day Sixteen:

“One thing I appreciate about your mind is _____.”

(e.g., how quickly you solve problems, your grasp of the details that usually escape me, your pipeline to the big picture)

Day Seventeen:

“ I appreciate that your creativity has generated _____.”

(e.g., the world’s best split pea soup, a new set of bookcases for the boys, opportunities for us to work with new companies)

Day Eighteen:

Send a singing telegram (or inscribed balloon message) that completes the following sentence:

“I appreciate how much you’ve taught me about _____.”

(e.g., loving, the power of integrity, how to play, the value of telling the truth)

Day Nineteen:

Today you’ll focus on the rear view of your partner as s/he moves around and appreciate something that s/he can’t usually see.

“As I watch your back I’m appreciating _____.”

(e.g., the way your hair waves at the nape of your neck, your butt, the line of the back of your knees).

Day Twenty:

“One thing I really appreciate about your sexuality is _____.”

(e.g., how readily you get an erection, the sensitivity of your touch, the way you dress that shows off your curves)

Day Twenty-One:

Sit with your partner and exchange these phrases two or three times. Appreciate an essence quality of your partner, something that first attracted you.

“I (your name), appreciate you (his or her name) for _____.”

“I hear that you (his or her name) appreciate me (your name) for _____.”

E.G.: “I, Katie, appreciate you, Gay, for your vast vision of possibility.” “I hear that you, Katie, appreciate me, Gay, for my vast vision of possibility.”

Day Twenty-Two:

“In your interactions with others, I really appreciate the way you _____.”

(e.g., listen closely, draw out what people really want, are so patient)

Day Twenty-Three:

“One of your spiritual qualities that I really appreciate is _____.”

(e.g., your ability to be still inside, your loving kindness, your curiosity about life)

Day Twenty-Four:

Let yourself focus today on seeing new things about your partner to appreciate. One way to do this is literally to look at your partner in new ways, such as relaxing your eyes in your head, looking around your partner’s body rather than directly at them, or holding your body in different positions to watch your partner. Sometime during the day, give your partner a verbal appreciation that has emerged from your new perspective.

“One new thing I’m noticing to appreciate about you is _____.”

(e.g., the shimmer of your hair, the solidness of your walk, the way light seems to surround you)

Day Twenty-Five:

“I appreciate all your feelings, your anger, your sadness, your fear, your sexual feelings, and your joy.”

Day Twenty-Six:

“One way in which you’ve grown that I appreciate is _____.”

(e.g., listening to my feelings, making time to relax and take care of yourself, learning to speak Spanish)

Day Twenty-Seven:

Spend a few minutes interviewing your partner today about the ways he or she likes to be appreciated most. Consciously give a customized appreciation before the end of the day. (e.g., appreciation with a special touch or with eye contact, appreciating your partner in the presence of other people)

Day Twenty-Eight:

Spend some time today appreciating yourself. Give some sensitive awareness especially to aspects of yourself that in the past you’ve had trouble appreciating. Some time during the day, tell your partner one thing you appreciated.

“Today, I generated appreciation for my _____.”

(e.g., baldness, my poor memory, my control tendencies)

Day Twenty-Nine:

Several times today, think of your partner and send a benign flow of attention (one definition of appreciation) in his/her direction.

Day Thirty:

“I’m grateful to know you.”

Day Thirty-One:

“I’m willing to have our relationship grow in value effortlessly.”