

# Appreciating Your Partner ACT Worksheet

**Patient Name:**

**Date:**

**Contact information:**

**Address:**

## **Instructions:**

Incorporating Acceptance and Commitment Therapy (ACT) principles, this worksheet is designed to enhance appreciation and strengthen the bond with your partner. Follow the steps below to cultivate a deeper understanding and connection within your relationship.

## **Step 1: Mindful Reflection**

Take a few moments to reflect on your partner's positive qualities and the unique aspects that drew you to them. Write down at least three qualities or characteristics that you appreciate.

## **Step 2: Thought Exploration**

Consider any negative or critical thoughts you may have about your partner. Are these thoughts based on rigid expectations or judgments? Practice cognitive defusion by writing down these thoughts and replacing "I am having the thought that..." before each thought.

"I am having the thought that..."

"I am having the thought that..."

"I am having the thought that..."

## **Step 3: Cultivating Acceptance**

Acknowledge that both you and your partner are imperfect, just like everyone else. Write a brief paragraph accepting your partner's imperfections and committing to support their growth.

## Step 4: Values Alignment

Identify core values that you share with your partner. These are the principles that guide your lives and your relationship. Write down at least three values that you both cherish.

## Step 5: Meaningful Action

Choose an action you can take to express your appreciation and reinforce your commitment to the relationship. Make sure it aligns with your shared values. Describe the action and set a specific timeframe for its completion.

Action: \_\_\_\_\_

Timeline: \_\_\_\_\_

## Step 6: Reflection

Take a moment to reflect on the insights gained from this worksheet. Consider how practicing appreciation, acceptance, and commitment can contribute to a more fulfilling and connected relationship with your partner.