

Meeting Your Partner ACT Worksheet

Client 1

Name: _____ Date: _____

Instructions: Reflect on the following questions and write down your thoughts and feelings.

1. Describe your partner as if you were introducing them to a stranger.

What are their qualities, interests, and strengths? How would you describe them to someone who doesn't know them well?

2. What are the top three things you appreciate and love about your partner?

These could be traits, actions, or moments that you cherish.

3. What are the top three challenges or conflicts you have faced as a couple?

Think about disagreements, misunderstandings, or difficult times.

4. What are your hopes and aspirations for your relationship in the future?

Consider where you see yourselves individually and as a couple.

Client 2:

Name: _____ Date: _____

Instructions: Reflect on the following questions and write down your thoughts and feelings.

1. Describe your partner as if you were introducing them to a stranger.

What are their qualities, interests, and strengths? How would you describe them to someone who doesn't know them well?

2. What are the top three things you appreciate and love about your partner?

These could be traits, actions, or moments that you cherish.

3. What are the top three challenges or conflicts you have faced as a couple?

Think about disagreements, misunderstandings, or difficult times.

4. What are your hopes and aspirations for your relationship in the future?

Consider where you see yourselves individually and as a couple.

Coming Together:

Schedule a time to sit down together to discuss your responses. Create a calm and comfortable environment where you can share openly and listen without judgment.

1. Share your responses to questions 1 and 2.

Take turns sharing your descriptions and appreciations of each other. Listen actively and attentively.

2. Discuss your responses to question 3.

Share your perspectives on the challenges you've faced. Focus on understanding each other's viewpoints.

3. Share your responses to question 4.

Talk about your individual and shared goals for the relationship. Find common ground and celebrate your shared aspirations.