

Couples Strengths

Discuss,
Obtain,
Transform.

DOT
Clinic



In new relationship, it's easy to recognise your partner's great qualities. However, as time goes on, some of these qualities may be taken for granted. What you once thought was amazing now feels normal. When this happens, it is valuable to purposefully appreciate your partner's strengths and doing so can help build a happier and more satisfying relationship. Renew the connection.

In this activity, you will identify your partner's strengths and share memories that highlight them.

Circle five of your partner's strengths.

Tip: It may help to think of the qualities that initially attracted you to your partner.

Tip: It may help to think of recent moments you have really enjoyed their company.

THOUGHTFUL NESS	FLEXIBILITY	WORK ETHIC	EMPATHY	ADVENTUROUS NESS
ENERGY	PERSISTANCE	LOGIC	STABILITY	FORGIVENESS
WISDOM	HUMOUR	HONESTY	LOVE	FAIRNESS
BRAVERY	MODESTY	COMMON SENSE	CREATIVITY	PATIENCE
SPONTANEITY	INTELLIGENCE	CONFIDENCE	DISCIPLINE	NURTURING

GATHER YOUR THOUGHTS

Choose THREE strengths of your partner you circled above and write down a memory where your partner displayed that strength.

STRENGTH 1

STRENGTH 2

STRENGTH 3

WHAT ACTIVITY COULD YOU DO TOGETHER TO RECONNECT TO ONE OF THE ABOVE MENTIONED STRENGTHS?