

Audio Track 25: Gratitude for Your Partner

[00:00:00]

Try this: Gratitude for your partner.

Often there are small things that your partner does that you fail to notice, but from which you benefit. Maybe they bring you coffee or take care of the bills or laugh at your corny jokes. It could be something they've done for you. Or it could be some quality they show that you really appreciate. Beyond the obvious things for which you're grateful, this practice provides the opportunity to practice seeing and appreciating the small things about your partner that can so often go unnoticed.

In this practice, you'll want to take out five pieces of paper and write on them, "What I appreciate about you is:" with some space to follow up. "When this happens, I feel:" with some space to fill that in. "Thank you." Or you can create a digital document and print out five copies, leaving plenty of space for what you might want to enter into the blanks.

Now please allow your eyes to close if that feels comfortable and bring your attention inward. Perhaps noticing the sensation of breathing. The sensation of hearing sounds. Or you might just notice the sensation of the body resting on the cushion or chair. Anything that helps you settle into this moment.

When you feel ready, calling to mind your partner, this imperfect being who has done things, especially small things, for which you're grateful. What about your partner are you grateful for, especially noting small, tangible things that you often take for granted or overlook, like the way they bring you coffee in the morning? Or the way they take care of paying the bills or mowing the lawn? Or maybe it's the way your partner laughs, even though your jokes are kind of corny? Or the way your partner looks at you when you're having a hard time? Notice how each thing makes you feel when it happens. Fill in the blanks on one sheet of paper for each thing you appreciate about them.

You can take as long as you like with this practice. And when you're done, notice how you feel compared to before you started the practice. That's the power of gratitude to generate positive emotions and to build intimacy.

And please remember to thank yourself for showing up, for caring, for practicing kindness toward your partner and your relationship.

[00:03:51]