

What Do You Cherish?

Active	Ethical	Loyal	Sincere
Adaptable	Exuberant	Mature	Skillful
Adventurous	Fair	Mellow	Smart
Ambitious	Fascinating	Motivated	Sociable
Appreciative	Feisty	Neat	Spiritual
Authentic	Flexible	Nurturing	Spontaneous
Aware	Forgiving	Observant	Stable
Balanced	Friendly	Open-minded	Steady
Bold	Fun	Optimistic	Strong
Brave	Funny	Organized	Studious
Bright	Generous	Original	Successful
Calm	Gentle	Outgoing	Supportive
Capable	Giving	Patient	Surprising
Careful	Gutsy	Peaceful	Sympathetic
Caring	Happy	Perceptive	Talented
Cheerful	Hardworking	Persevering	Thorough
Clever	Healthy	Persistent	Thoughtful
Commanding	Honest	Pleasant	Tireless
Compassionate	Honorable	Positive	Tolerant
Confident	Humble	Practical	Trusting
Conscientious	Humorous	Principled	Trustworthy
Considerate	Idealistic	Private	Truthful
Courageous	Imaginative	Problem-solving	Understanding
Creative	Independent	Proud	Unique
Curious	Inquisitive	Quick-witted	Unselfish
Daring	Insightful	Quiet	Upbeat
Dedicated	Intelligent	Rational	Vigilant
Dependable	Interesting	Reasonable	Warm
Determined	Intuitive	Reflective	Wise
Devoted	Inventive	Reliable	Witty
Diligent	Joyful	Resilient	Worthy
Disciplined	Kind	Resourceful	Other _____
Discriminating	Knowledgeable	Respectful	
Dynamic	Laid-back	Responsible	
Eager	Lighthearted	Self-confident	
Easygoing	Likable	Self-sacrificing	
Empathetic	Lively	Self-sufficient	
Energetic	Lovable	Sensitive	
Enterprising	Loving	Sharp	

1. **What's the word?**
2. **A time when you saw it.**
3. **Why it matters to you.**
4. **Be Specific; talk as much as you can!**

For Deeper Conversation

Most couples find that recalling their history recharges their relationship. Answering these questions often reminds couples of the love and great expectations that inspired their decision to marry in the first place. This can give couples who thought their marriage was over the glimmerings of hope that lead them to struggle on to save it. Just repeating the two exercises below from time to time may be enough to salvage and strengthen your fondness and admiration for each other.

Your History

1. Discuss how the two of you met and got together. What were your first impressions of each other? What made your spouse stand out?
2. What do you remember most about beginning to date? What types of activities did you do together? What were some of the highlights?
3. How long did you know each other before you married? Talk about how you made the decision to marry. Was it easy or difficult? Were you in love? Of all the people in the world, what led you to decide that this was the person?
4. Share memories of your wedding and your honeymoon if you had one. What do you each remember most?
5. Recall your first year of marriage. Were there any adjustments you needed to make?
6. What about the transition to becoming parents? What was this period like for each of you?
7. Looking back over the years, what moments stand out as really happy times in your marriage? What is a good time for you as a couple? Has this changed over the years?
8. Many relationships go through periods of ups and downs. Would you say that this is true of yours? Can you describe some of these periods?
9. Looking back over the years, what moments stand out as the really hard times? Why do you think you stayed together? How did you get through these difficult times?
10. Have you stopped doing things together that once gave you pleasure? Explore these with each other.

Your Philosophy of Marriage

1. Why do you think some marriages work while others don't? Discuss two couples you know who you agree have a particularly good or bad relationship. What is the difference between these two marriages? How does yours compare to each of them?
2. Talk about your parents' marriages. Would you say they were very similar to or different from your own marriage?
3. Draw a chart or timeline of your marriage, noting its major turning points, ups, and downs. What were the happiest times for you? For your partner? How has your marriage changed over the years?

Gottman, John; Silver, Nan (2015-05-05). *The Seven Principles for Making Marriage Work*: (p. 78). Potter/TenSpeed/Harmony.