



## Appreciation Exercise

Come together once per day and share appreciation(s) of each other using the following process.

### Set-up:

- Turn off all electronics. (No multitasking or checking your phone.)
- Sit facing each other (as best as possible).
- Decide together how many rounds of this exercise to do (though I suggest just doing one round the first time).
- Decide who will go first. The only bad choice here is no choice!

### Step 1.

Partner 1 shares some capacity or action taken by Partner 2 from today that they appreciated. It can be a big deal or small thing...it's best to go with whatever first arises in your awareness.

### Step 2.

Partner 1 asks themselves the following questions and shares the answers out loud: What does this appreciation or gratitude mean to me? How does it feel? What important quality of being loved does it touch in me? What vulnerable feeling(s) that I find difficult to feel does it lessen?

### Step 3.

Partner 2 then reflects on and shares what it is like to be appreciated: What did you notice inside? What feelings, thoughts, sensations, and/or impulses got touched upon hearing your partner's appreciation? What is it like to hear why this

particular action or quality of yours is important for your partner within their own emotional process?

#### **Step 4**

Partner 1 now reflects on and shares what it felt like to have:

- Given the appreciation (Step 1)
- Realized what that quality or capacity your partner has touched deep inside you. (Step 2)
- Heard what your appreciation touched in Partner 2 (Step 3)

Then you switch roles. The appreciating partner becomes the appreciated partner and vice versa. Go through all 4 steps.

#### **Last Sharing.**

After you've completed as many rounds as you prefer, mutually inquire and share what it was like to go through this process with each other.

Finally, end this exercise with a simple acknowledgement—be it a fist bump, a ring of a gong, or a clap, before you re-enter the regular way you show up for life.

