

CREATE AMAZING APPRECIATIONS

YOUR JOURNEY TO GRATITUDE & LOVE



Dovid Feldman - LPC, AMFT

www.dovidfeldman.com

Appreciations & Gratitudes

There is no more powerful connecting force than recognizing another's existence. It is a statement of "I see you. You have inherent meaning. What you do and say is significant." The challenge is that we are programmed, designed, to put our own reality in front of everything else.

And why not? We are going through so much. We are striving, working, contributing, making things happen. Who has time to divert their precious energy on someone else's achievements when we are so busy working on our own?

The irony is that oftentimes, our work, our toil, is for the very relationships we wish to create - closeness, togetherness, friendship, love, romance. So we work 24 hours a day, bust our guts, all in an effort to build a framework for love, and in the process bypass the very ingredient which creates that love in the first place - the acknowledgment and appreciation for the "other" - the subject of your heartstrings.

That's why taking time to appreciate another is the backbone of my Couple's Workshop. Because it is only through the process of contemplating on who your partner is and what beauty they bring to your life that you can really reach deep inside of you to create love in your heart, and hers.

Below is a guide to create "Appreciations", and many you can use in your relationship:

Three Steps to Amazing Gratitudes

One

Start out by noticing 1-2 things your spouse does that you can be grateful for. Mowing the lawn, making school lunches for the kids, dressing nicely, going to the gym. The nice thing about noticing gratitude is that, literally, if you are searching for it, there are thousands of ways you can appreciate your partner. Retrain your mind to focus on those ways. Everyday.

Two

Next, express your thoughts. Text your spouse an appreciative message. Leave a note. Tell them over the phone, or if you can, tell them face-to-face.

- “I’m so appreciative of how you make our children a priority”
- “I’m so grateful to have such a capable man as my husband”
- “I appreciate how you make our house into a home.”
- “I feel safe coming home, knowing that you are here.”

Three

Attach a feeling. The power or appreciation is in your heart. Let your partner know your positive feelings about their behavior, and they will want to do it again and again.

- I’m so grateful to have such a capable man as my husband. ***It makes me feel so safe & secure.***
- I’ve noticed how beautifully you keep our home. ***It makes me feel so cared for and respected.***
- When you shared your business idea with me, ***it made me feel so honored and special. Thank you.***

General Love Appreciations:

“I’ve been thinking about you - about us - and I just want you to know how happy I am having you in my life.”

“Don’t know what came over me today - just feeling so blessed with you as my partner. Thank you!”

“I’ve been feeling really close to you lately. Want you to know how much I appreciate your love!”

“When I’m not with you, I feel it. I respect the space apart we have, but I also can’t wait to see you again!”

“Just want you to know how much your smile fills me with warmth. Thank you for being so beautiful.”

“I know that we just left each other - literally a few minutes ago. But I’m already missing you! Have a great day.”

Character Appreciations:

“I’ve noticed how kind you have been recently, and I want you to know it really means a lot to me. Thank you for being awesome!”

“This morning, when you made me my coffee, I really felt taken care of. Thank you so much for showing me your love.”

“Last night, when I got off the phone with you, I realized (again) what a fantastic listener you are. Your attention and wisdom just really makes me feel cared for. Thank you.”

“I noticed, today, how much you care for your friends. You are a very loving person. So lucky to call you ‘mine’”

“I want you to know that your upbeat attitude recently has just been so inspiring. Thank you for sharing your awesome energy!”

“Thank you for letting me take you out last night. I love spending time and sharing our lives together!”

Intimacy Appreciations

“When you share your body with me, it brings me so close to you. Thank you for being so loving”

“Making love to you fills me with so much sweet connection. Thank you for giving yourself to me.”

“You are so conscientious and generous in our intimate time together. I really appreciate how giving you are. You make me so happy :)”

“I just love our love-life. You are a fantastic partner, and being together is just the best part of my day! Thank you!”

“I’ve noticed how connecting you have been in our intimate time, and I LOVE IT! Thank you for being a fantastic lover!”

“I know that last night was just for me. I want to say ‘thank you’, and I really appreciate your devotion to ‘us’. Love you!”

Uplifting Appreciations

“I noticed how late you came home last night from work. I want you to know that I so appreciate the effort you make to support us.”

“Seeing you play with our children just makes me feel so loving. Thank you for being just the BEST dad (mom)!”

“Love how I can trust you with paying all our bills every month. I trust you so much, and feel so grateful for having you in my life.”

“Going out with you is just fantastic. I love showing you off to all my friends!”

“Have I told you recently that you are my FAVORITE wife (hubby)? - this one is just a joke!

“The more I learn about you and the better I get to know you, the more deep respect I have for you.”

“You are so incredibly talented. I always knew that you could do anything! And well!”



If you need help in your relationship, marriage, or your situation, give me a call.

As a licensed, trained Marriage & Family Therapist, I can help you recreate intimacy, trust and well-being.

Don't wait until it's too late. Schedule a [Free Clarity Call](#) now, to discuss how we can work together.

~Dovid Feldman 🙏

