

AMAZING MAN WORKSHEET

KNOWING YOUR WORTH



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BUILDING GREAT



Building Great Marriages

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Amazing Man Worksheet

As a man in relationship, we find ourselves trying to please everybody around us, often paying little attention to our own needs and feelings. We work hard to make our partners and children happy, and sometimes, don't get much appreciation or respect to show for it. It's part of the job, unfortunately, but still, it can sting.

Liberate Yourself

One of the consequences of this situation, which is common, is that we develop low self-esteem, and can feel depressed, in spite of our many accomplishments and successes. One way out of this conundrum is to liberate yourself from external validation, and instead, build your own base of appreciation. We do this by becoming conscious of our achievements; recognizing and validating our own worth, rather than relying on outside praise and gratitude. It is only through this process that we take back our power and take pride in who we are.

What you are doing RIGHT!

If you are a hubby, that means, automatically, you are doing something right. Most likely, A LOT right: Paying bills, being courteous, doing kindness, remaining faithful & loyal, protecting your family, planning for the future, showing loving & affection, listening, behaving respectfully to name a few. Are there exceptions where you behave less-than-stellar? There always are. But I'd like us to focus on **what you are doing right**, not the few times you make mistakes.

Fill in the sheet below. You can remind yourself of these accomplishments as often as you wish. Speaking with someone you trust about your challenges can also be helpful.

The Amazing Man List

3 ways you support your partner:

#1: _____

#2: _____

#3: _____

3 ways you help at home:

#1: _____

#2: _____

#3: _____

3 ways she knows you love her:

#1: _____

#2: _____

#3: _____

3 ways you take care of yourself:

#1: _____

#2: _____

#3: _____

3 ways you are super-dad:

#1: _____

#2: _____

#3: _____

Excellent! Now, let's take it to the next level!

The Even More Amazing Man List

3 ways you want to support your partner more:

#1: _____

#2: _____

#3: _____

3 ways you want to help at home more:

#1: _____

#2: _____

#3: _____

3 ways she knows you love her, even more:

#1: _____

#2: _____

#3: _____

3 ways you want to take care of yourself more:

#1: _____

#2: _____

#3: _____

3 ways you want to be an even more super-dad:

#1: _____

#2: _____

#3: _____

Congrats! Keep this list handy and available for yourself!



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 🙏



Wild Child Healing ✓
@Rimanelli

I will forever feel that G-d gifted [@dovidfeldman](#) to me at one of the most toughest times in my life. He truly changed my perspective on relationships and even educated me on things I had no idea about especially from a males point of view.