

SPECIAL E-BOOK

CREATE AMAZING APPRECIATIONS

YOUR JOURNEY TO GRATITUDE & LOVE



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Creating Amazing Appreciations!

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 our [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.

I'd like to share with you the ways that you can show appreciation & gratitude to the most important person in your life - your partner. Using these methods, you can create a foundation of intimacy that will be much stronger than what you had in the past. I know this because not only have I helped many clients do it, I had to do it myself.

Practice the Art of Gratitude

Perhaps the most important of all is adopting the attitude of gratitude. More and more research is coming out about the power of this character trait -- not only to influence your relationship, but primarily on the gratitude-practitioner themselves.

One of my favorite resources for gratitude is Hailey Bartholomew, and her incredible project at 365grateful.com. Here she describes her incredible journey and transformation from depression to joy.

Hailey admits to seeing only the negative for a long while -- in her husband, children and life in general. All of her relationships suffered. Until one day, she decided to flip the "gratitude" switch. She committed to working on her ability to consciously focus on the positive -- and she put it into practice by photographing things she appreciated, every day.

“ Taking one photo every day of something I was grateful for really re-programmed my brain. Seeing and celebrating the good in my life affected not only the way I felt spiritually and physically but it improved my relationships with others too. ”

The art of gratitude takes more than just a mind shift.

Hailey turned her life and relationships around. And so can you. But it takes focus, thought, and expression. Gratitude is about bringing to the forefront of your consciousness an appreciation of your partner's positive qualities and actions. This is something everybody can access in relation to any person -- how much more so to your spouse.

Three Steps to the Art of Gratitude

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.***

The Benefits of Gratitude

The work is not in finding what is praiseworthy about our partners, for that list is endless. The work is in our own ability to identify and express what is obviously positive about them. Cultivating the gratitude-skill will give you the strength and resources necessary to make an excellent life-partner, friend, lover and even parent. Being able to see and appreciate the positive in all situations and all people is one of the most important ingredients of a happy, joyful life -- and one of the best gifts you can give yourself and your relationships. According to Dr. Barbara Frederickson, in her 2009 best seller - *Positivity*, the power of gratitude affects both the giver and the receiver.

“*Rather than taking things your partner does for granted, try thanking them. Highlighting even those little moments when your partner is thoughtful or kind by thanking them can go a long way towards making sure you are getting more of the good stuff, by boosting serotonin and oxytocin levels. Studies show gratitude benefits both the person expressing it and the one receiving it.*”

The Original 365 Grateful Project



23.06.08
Pecans are yum and fun



13.5.08
A little hand. Lifted her up to top step if she turned and offered her little hand. Warms my soul!



1.5.08
Change of season... my favourite from tree on our street

Gratitude takes lots of practice and hard work, but it is the best investment you can make. You will thank your partner for it later.

Gratitude & Appreciation Templates

As promised, I have compiled a list of most-used gratitudes that my clients have had great success with. Feel free to cut-n-paste, or modify and make your own!

General Love Appreciations:

Share these appreciations to let your spouse know how much you love them, without falling back on only "I Love You!"

"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:

Character appreciation lets your partner know that you notice their behavior and moral choices. People love being seen for being a good and valuable person.. Share with them what you deeply feel about them!

“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

Oftentimes, with a longer relationship, we can take for granted the effort our spouse's make for us to keep our intimate life exciting and romantic. When this happens, it sends negative energy and can eventually cause your partner to just "turn-off". Don't let this happen. Let them know how much they please you.

"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

These are general, uplifting appreciations that let your partner know how much you love sharing your life with them. Very important!

"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!"

Your Turn

Now you have the opportunity to craft your own appreciations for your loved ones. Don't forget - she's deserving of praise for so many things, even if it has nothing to do with you. She's just a great person, for sure. Let her know!

Three things worthy of Appreciation:

#1 _____

#2 _____

#3 _____

Express it:

When I saw you _____

I noticed that _____

Today, when you _____

Attach it to a feeling:

It made me feel _____

I felt very _____

I realized that I'm so _____

Now - text it to your partner, 3x / week, and watch your relationship bloom!



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.