



Gratitud for two

Through this exercise we invite you to practice and train the bond you have with a loved one. The activity can be carried out individually or jointly. If there are two of you, the invitation is to share with your partner what they write at the end of the day, it can even be with a tea in between or in a way that makes sense for each of you. Shall we start?



Day 1:

My partner showed me affection by ...
It made me happy that my partner ...
The best part of spending time together was ...

Day 5:

Today I was surprised that my partner ...
I could feel valued when ...
I felt proud of us when I noticed that ...

Day 2:

Something my partner did and I liked was ...
My partner made me laugh when ...
I was grateful when ...

Day 6:

Something fun we did together was ...
I felt admiration when I noticed that ...
I appreciate that we took the time to ...

Day 3:

Today, my partner achieved ...
One detail that I took into account was ...
My partner helped me

Day 7:

It makes me happy to share ...
I showed my affection through ...
One strength I noticed from my partner is ...

Day 4:

I appreciate my partner's initiative to ...
One quality that I appreciate about him/her is ...
One challenge that my partner overcame was ...

*"If two people who have been strangers suddenly let
the wall between them break down to feel and
discover each other, this will be one of the most
exciting experiences in life"*

-Erich Fromm-



Thanks



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