

# COUPLE'S GRATITUDE JOURNAL

## INTRODUCTION

**"It is not what you possess but how you use it." Alfred Adler**

**You cannot do anything about what has happened so far, but what you decide to do from here forward, you have more choice. Likewise, you can't change your life today, but you can change the direction of your life today.**

**What do we all want in our relationship? There are at least three key markers all couples desire. We all want:**

- 1) To feel safe. Certainly physical safety, but I am thinking even more of emotional safety; to know that there are no arrows coming in; that you are not going to get zinged. Remember Maslow's hierarchy of needs: Safety underlies everything.**
- 2) To feel connected: To know that you can just hang out with your partner and be comfortable. And,**
- 3) To feel fully alive: This includes fun, intimacy, passion, joy and laughter. It is what small children exhibit, as we all did, when we first arrived on Planet Earth.**

## DAY 1

**"Love does not consist of gazing at each other, but in looking together in the same direction." Antoine de Saint-Exupery**

**I practiced the dialogue process with my partner today \_\_\_\_\_ times.**

**Today I am grateful for:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What I appreciate about my partner today is:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**The actions I took to show my appreciation for my partner today were:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Day 2 “Have the courage to be imperfect.” Alfred Adler**

**Day 3 “It always seems impossible until it is done.” Nelson Mandela**

**Day 4 “As we let our own light shine, we unconsciously give other people permission to do the same.” Nelson Mandela**

**Day 5 “The best and most beautiful things in this world cannot be seen or even heard, but first must be felt with the heart.” Helen Keller**

**Day 6 “Love always cures people – both the ones who give it and the ones who receive it.” Karl Menninger**

**Day 7 “True love is not a hide and seek game: in true love both lovers seek each other.” Michael Bassey Johnson**

**Weekly Review**

**What are some of the things you are most grateful for this week?**

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**What are some of things you most appreciated about your partner this week?**

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**What insights have you gained this week?**

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**What do I want to improve or work on especially next week?**

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**Day 8 "At the touch of love everyone becomes a poet." Plato**

**Day 9 "A loving heart is the truest wisdom." Charles Dickens**

**Day 10 "There is always some madness in love. But there is also always some reason in madness". Friedrich Nietzsche**

**Day 11 "Have enough courage to trust love one more time and always one more time." Maya Angelou**

**Day 12 "Sometimes two people have to fall apart to realize how much they need to fall back together." Anonymous**

**Day 13 "Love alone can rekindle life." Henri Frederic Amiel**

**Day 14 “Love doesn’t make the world go around. Love is what makes the ride worthwhile.” Franklin P. Jones**

**Weekly Review (2)**

**Day 15 “To get full value of joy, you must have somebody to divide it with.”**

**Mark Twain**

**Day 16 “Age does not protect you from love. But love, to some extent, protects you from age.” Jeanna Moreau**

**Day 17 “One word frees us from all the weight and pain of life. That word is love” Sophocles**

**Day 18 “Maybe you don’t need the whole world to love you. Maybe you just need one person.” Kermit the Frog**

**Day 19 “Love is something eternal. The aspect might change but not the essence.” Vincent Van Gogh**

**Day 20 “Happily ever after is not a fairy tale – it is a choice.” Fawn Weaver**

**Day 21 “Your task is not to seek for love but merely to seek and find all the barriers within yourself that you have built against it.” Rumi**

**Weekly Review (3)**

**Day 22 “The chief danger in life is that you take too many precautions.” Alfred Adler**

**Day 23 “Trust only movement. Life happens at the level of events, not of words. Trust movement.” Alfred Adler**

**Day 24 “The only normal people are the ones you don’t know very well.” Alfred Adler**

**Day 25 “We are born in relationship. We are wounded in relationship, and we can be healed in relationship.” Harville Hendrix**

**Day 26 “The depth of our love can be measured by our efforts. We demonstrate our love when we take that extra step.” Harville Hendrix**

**Day 27 “Nature does not care that you are comfortable, only that you evolve.” Harville Hendrix**

**Day 28 “Education is the most powerful weapon which you can use to change the world.” Nelson Mandela**

**Weekly Review (4)**

**Day 29 “It always seems impossible until it’s done.” Nelson Mandela**

**Day 30 “There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living.” Nelson Mandela**

**Day 31 “Do not judge me on my successes. Judge me by how many times I fall down and get back up again.” Nelson Mandela**

**Day 32 “We can change our whole life and the attitude of people around us simply by changing ourselves.” Rudolf Dreikurs**

**Day 33 “A misbehaving child is a discouraged child.” Rudolf Dreikurs**

**Day 34 “Man does not see reality as it is, but only as he perceives it, and his perception may be mistaken or biased.” Rudolf Dreikurs**

**Day 35 “The complaints which anyone voices against his mate indicate exactly the qualities which stimulated attraction before marriage.” Rudolf Dreikurs**

**End of program review.**

**Rate your relationship on the three scales: safety, connected, passionate**

**I feel confident using the intentional dialogue process: Yes \_\_\_\_\_**

**No \_\_\_\_\_**

Somewhat \_\_\_\_\_

**What were your major successes and gratitudes over the past 5 weeks?**

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**What actions are you going to take now to keep your relationship where you want it to be?**

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