Fondness and Admiration Questionnaire

1. I can easily list the three things I most admire about my partner. T F
2. When we are apart, I often think fondly of my partner. T F
3. I will often find some way to tell my partner “I love you.” T F
4. I often touch or kiss my partner affectionately. T F
5. My partner really respects me. T F
6. I feel loved and cared for in this relationship. T F
7. I feel accepted and liked by my partner. T F
8. My partner finds me sexy and attractive. T F
9. My partner turns me on sexually. T F
10. There is fire and passion in this relationship. T F
11. Romance is definitely still a part of our relationship. T F
12. I am really proud of my partner. T F
13. My partner really enjoys my achievements and accomplishments. T F
14. I can easily tell you why I married my partner. T F
15. If I had it all to do over again, I would marry the same person. T F
16. We rarely go to sleep without some show of love or affection. T F
17. When I come into a room, my partner is glad to see me. T F
18. My partner appreciates the things I do in this marriage. T F
19. My spouse generally likes my personality. T F
20. Our sex life is generally satisfying. T F

Give yourself one point for every true answer. Above 10—area of strength. Practicing these exercises can protect your marriage from overwhelming negative views. Below 10 - You could stand some improvement in this area. These exercises can help you revive the fondness and admiration for each other.

Exercise 1: I Appreciate...

33. Exciting 34. Thrifty 35. Full of plans 36. Shy
41. Active 42. Careful 43. Reserved 44. Adventurous
45. Receptive 46. Reliable 47. Responsible 48. Dependable
53. Gentle 54. Practical 55. Lusty 56. Witty
61. Calm 62. Lively 63. A great partner 64. A great parent
65. Assertive 66. Protective 67. Sweet 68. Tender
69. Powerful 70. Flexible 71. Understanding 72. Totally silly

Pick three that you think describe your spouse. Many more might work but pick only three. Briefly think of an incident that illustrates the characteristic of your spouse. For the next three day, tell your spouse about one of your choices and the incident you can remember. Repeat this for a whole week or on a regular basis.

Exercise 2: Our History...

1) Discuss how the two of you met and got together. What were your first impressions of each other.
2) What do you remember most about the time when you were first dating?
3) Talk about how you decided to get married.
4) Recall any up and down times in your marriage.
5) Have you stopped doing things together that you used to enjoy?
**Exercise 3: 4-week Course on Fondness**

**Week 1:**
- **Monday**
  
  Thought: I am genuinely fond of my spouse.
  
  Task: List one characteristic that you find endearing or lovable.

- **Tuesday**
  
  Thought: I can easily speak of good times in my marriage.
  
  Task: Pick one good time and write a sentence on it.

- **Wednesday**
  
  Thought: I can easily remember, romantic special times in our marriage.
  
  Task: Pick one such time and think about it.

- **Thursday**
  
  Thought: I am physically attracted to my spouse.
  
  Task: Think of one physical attribute you like.

- **Friday**
  
  Thought: My partner has specific qualities that make me proud.
  
  Task: Write down one characteristic that makes you proud.

**Week 2:**
- **Monday**
  
  Thought: I am genuinely fond of my spouse.
  
  Task: List one characteristic that you find endearing or lovable.

- **Tuesday**
  
  Thought: I can easily speak of good times in my marriage.
  
  Task: Pick one good time and write a sentence on it.

- **Wednesday**
  
  Thought: I can easily remember, romantic special times in our marriage.
  
  Task: Pick one such time and think about it.

- **Thursday**
  
  Thought: I am physically attracted to my spouse.
  
  Task: Think of one physical attribute you like.

- **Friday**
  
  Thought: My partner has specific qualities that make me proud.
  
  Task: Write down one characteristic that makes you proud.

**Week 3:**
- **Monday**
  
  Thought: My home is a place to come to get support and reduce stress.
  
  Task: List a time when your spouse helped you reduce stress.

- **Tuesday**
  
  Thought: I can easily recall the time we first met.
  
  Task: Describe that first meeting on paper.

- **Wednesday**
  
  Thought: I remember many details about deciding to get married.
  
  Task: Write a sentence describing what you remember.

- **Thursday**
  
  Thought: I can recall our wedding and honeymoon.
  
  Task: Describe one thing about them you enjoyed.

- **Friday**
  
  Thought: We divide up household chores in a fair way.
  
  Task: Describe one way you do this on a regular basis. If you do not do you share, decide on a chore you will take on.

**Week 4:**
- **Monday**
  
  Thought: We are able to plan well and have a sense of control over our lives together.
  
  Task: Describe one thing you both planned together.

- **Tuesday**
  
  Thought: I am proud of this marriage.
  
  Task: List two things about this marriage that you are proud of.

- **Wednesday**
  
  Thought: I am proud of my family.
  
  Task: Recall a specific time when you especially felt pride.

- **Thursday**
  
  Thought: I don’t like things about my partner, but I can live with them.
  
  Task: What is one of the minor faults you have adopted to?

- **Friday**
  
  Thought: We find one another to be good companions.
  
  Task: Plan an outing together.