

♥ Couples “Verbal Lift” Exercise

○ **Circle** 3 positive statements that would most lift you up if your spouse said them to you.

✓ **Check** 3 positive statements you think would most lift up your spouse if you said them to him/her.

Underline any of the statements you have made to your spouse recently.

You're fun to be around.	I respect you.
You make me laugh.	You're so talented.
I was thinking about you earlier.	I trust you.
You're a great leader.	I'm glad you're in my life.
I appreciate how supportive you are.	I missed you.
You mean the world to me.	I'm impressed by your hard work.
I'm lucky to know you.	You look great.
You always put others first.	You're smart.
You brighten my day.	I wish I were as empathetic as you.
You're a great listener.	You're so creative.
Your opinion is valuable.	I know you can do it.
I'm proud of you.	You are so generous.

THIS WEEK Take some time to compare notes with each other and discuss why you would like to hear certain affirmations from your spouse. **Remember**, be quick to listen, slow to speak. 😊

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