

# FONDNESS AND ADMIRATION CHECKLIST

---

## INSTRUCTIONS:

- Go through the items and consider if the statement applies to your relationship.
- Circle the ones that apply and discuss these statements with your partner, providing examples.
- For the ones that do not apply, consider exploring what may be needed in the relationship to feel more admiration.

1. I feel loved and accepted in my relationship.
2. I can easily list the top three things I admire about my partner.
3. I miss my partner when we are apart and can think of my partner fondly.
4. I enjoy when my partner and I flirt.
5. We share small signs of affection.
6. I find my partner attractive.
7. I show my partner my love.
8. I feel respected by my partner.
9. We feel passionate about one another.
10. The romance is alive in our relationship.
11. My partner finds me attractive.
12. I am proud to have my partner in my life.
13. My partner expresses pride in my accomplishments.
14. I know clearly why I choose my partner.
15. I want to continue to choose my partner.
16. My partner feels happy when I walk in the room.
17. I know I am appreciated for the things I do in this relationship.
18. We routinely show affection towards one another.
19. My partner likes who I am as a person.
20. I like who my partner is as a person.