Counseling Worksheet

- My Partner's Wonderful Qualities -

Name	Date
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The best qualities that drew me to my partner in the first place are (these can be surface-level things):

- We first met in college. She was my seatmate and paired up for most class work. She was really cute and pretty (she still is), plus, she always had a sunny disposition. It brightened my day just to talk to her.
- She also showed (and still shows) genuine interest in the things I love. She really wanted to get into what I was into.

Ever since we became partners, his/her/their best qualities are (these should be beyond the surface level):

- She's highly intelligent and driven, more so than me. While I have ambition, I want to only get up to a certain level and live simply. While she has much grander ambitions than mine, she doesn't look down on me nor wants me to get on her level. She's really accepting and understanding.
- She's more thoughtful and caring than she let's on. She can easily tell if something's bothering me or what I'm thinking. We're pretty much in sync, and that's why I want to remain with her forever.

I really appreciate my partner because:

- She bought me a gift the other day. She didn't hand it to me personally because we have been arguing (and it's more so on my part because I just felt beat up by work to the point that I haven't really been talking to her much or showed any affection. I just head straight to sleep). But I think she knows that I'm just tired and I'm not ignoring her on purpose or anything. I plan on buying my apology gift for her after writing this.

My favorite memories I've had with my partner are:

- My first fond memory of her was when she asked if I she could visit my house to watch me play a video game called Dark Souls. She got interested when I suddenly talked about it while having lunch at the university cafeteria. She came over, watched me play, and asked questions about the world and the story the whole time.
- It's hilarious that she was the one who asked me to marry her. We went to Japan during the summer and visited Okinawa. We went out one night to attend a fireworks festival. I brought an engagement ring to ask her to marry me while watching the fireworks, but then she said, "Hey, will you marry me?" I laughed. She got annoyed and asked "Why is that funny?" Then I brought out my engagement ring out and asked her if she would love to get married.

My partner shows his/her/their love and care by:

- She buys me gifts every now and then (I do the same), especially if I'm feeling down.
- She gives me the space she knows I need when I'm frustrated or sad about something (not necessarily because of our recent argument).
- I do the cooking at home, but since I've been overtiming a lot, I haven't been able to do so. I told her to order food for the meantime (since she can't cook). But apparently she started learning, and she leaves notes at the dining table telling me what she cooked for the night and that the food's in the microwave so roaches won't reach it. She's got a long way to go, but the food is passable. Haha