

## Identifying Strengths

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\*Instructions: In the table below please indicate your top three strengths as well as your partner's top three strengths. Then, in the space provided, indicate how each of these strengths will aid you in the process of enriching your relationship.

<b><i>Strength</i></b>	<b><i>Me</i></b>	<b><i>Partner</i></b>
Commitment		
Showing love and affection		
Being best friends		
Faith/Religion		
Showing kindness		
Positive communication		
Forgiving		
Being gracious		
Showing compassion		
Trusting		
Keeping perspective		
Risk taking		
Perseverance		
Listening		
Being attuned to each other		
Acting as a team		
Showing gratitude		
Self-control		
Controlling emotions		
Using humor		
Being fair		
Staying humble		
Other?		
Other?		
Other?		

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<b>Strength</b>	<b>How will this strength aid in relationship enhancement?</b>
1)	
2)	
3)	
1)	
2)	
3)	