**Intentional Acknowledgment**

****This intervention is based out of positive psychology. It is intended for couples in low-distress. If you and your partner are experiencing high distress or conflict in your relationship, you should not engage in this intervention. This intentional acknowledgment can be done in conjunction with the “High of the Day” intervention or can be done on its own. It is similar to the [love bank intervention](http://ehope.yolasite.com/love-bank.php); however, it is more structured. Both you and your partner must agree in advance to intentionally do something positive either directly or indirectly for each other or your family system (e.g. children). Far too often couples are hypervigilant to offences, but less aware of positive acts of service.

***How to do it:***

* During the day both you and your partner must commit to identifying an action or choice they made that had a positive effect on you or the family. For example, one partner may turn to the other and say “I really appreciated that you unloaded the dishwasher, or I appreciate that you made the kids dinner.” This should be done at the end of the day right before bed, while the day's events are still fresh in your mind.
* If one of you cannot think of an action to intentionally acknowledge, you should turn to your partner and say “Help me to be appreciative of you. How can I acknowledge the work you put into our relationship today?” Then your partner can inform you of the intentional act they committed.
* This intervention places responsibilities on both partners to engage in an action which fosters the relationship. It also can teach you how to focus on the positives and work to identify the good offenses rather than just the bad.