

Thank you for _____. It means a lot to me when you help me in little ways like that.

I AM SUCH A DIFFERENT PERSON BECAUSE OF THE WAY YOU _____ (LOVE ME, CARE FOR ME, GENTLY LEAD ME, ACCEPT ME..., ETC.).

I CAN'T BELIEVE HOW _____ YOU ARE. YOU ARE SO GIFTED IN THAT AREA.

I'm seeing lately that you may not feel very _____, but I hope you know I still respect/love you deeply.

No matter how much you mess up, I'll always be glad you're mine, I'll forgive you, and I'll love you forever.

I'm proud of you. That takes an incredible amount of humility/courage/integrity.

I had no idea you could do that! You continue to impress me.

I'm committed to working on our relationship so we both feel understood and secure.

It's been _____ to watch the man/woman you've become even since we've been married.

I feel so treasured/valued when I'm with you.

You handled that incredibly well.

Lately I've really seen you grow in the area of _____, like when you _____.

I admire you in _____. In fact, I could learn a lot from you in that area.

Nurturing Statements

Each couple uses nurturing statements differently. These are suggestions that some couples find helpful when they first start using nurturing statements intentionally.

I trust you.

Our kids are so blessed to have a mom/dad like you. I love the way you _____ them.

I think you have so much to offer, and I can see it in the ways you _____.

I DON'T KNOW WHAT I WOULD DO WITHOUT YOUR SUPPORT/ENCOURAGEMENT.

You inspire me to follow my dreams/ be a better person.

Thank you for accepting me for who I am.

Your love has helped me become a better version of myself.

You should be proud of the type of man/woman that you are.

You're an incredible parent.

I know we haven't been seeing eye-to-eye lately, but I want to let you know that I accept you whether I agree with you or not.

You make me so happy just by being you.

YOU ARE CREATIVE / FUNNY/ PATIENT/ COMMITTED.

I love/enjoy being around you.

Even grocery shopping is fun when I'm with you.

Thank you for telling me I'm beautiful, even when I don't feel beautiful.

I'm blessed/ delighted to have you in my life.