

YELLOW RIGHT SAMPLES

APPRECIATION Benefit

DEFINITION OF APPRECIATION

Appreciation means that your partner recognizes all that you bring to the relationship and is thankful for it. Your partner shows you that he or she appreciates you through many ways such as thoughtfulness, kind words, or caring gestures. You and your partner often use “please” and “thank you” even when they are in response to something that was expected.

Some aspects of appreciation

- **When our partner shows appreciation, we feel that our partner not only recognizes our deeds, but also is pleased.** It makes us feel that our efforts are worthwhile and not just taken for granted.
- **Appreciation is a special way of showing thanks, beyond just saying “thank-you.”** When your partner shows appreciation, your partner let’s you know that he or she cares about what you do and that you are special for doing the things you do.

How you might feel...

When you feel appreciated:

1. **You feel that your deeds and efforts are worthwhile and that you bring value to your partner’s life.** You feel that your partner appreciates you, and you don’t feel taken for granted.
2. **This makes you want to do more.** Appreciation energizes you.

When your partner lacks appreciation:

1. **You feel that your partner often takes you for granted.** It seems that your partner expects you to give of yourself, but doesn’t recognize any of your efforts.
2. **Because you don’t feel appreciated, you get tired of doing things for your partner.** You may feel stuck in a rut and do things out of habit rather than caring about your partner.
3. **You don’t feel that your partner notices or cares what value you bring to the relationship.** You might lose enthusiasm for things you used to enjoy. You aren’t sure that anything you do is worth the effort. You rarely hear the words “thank you.”

REALITY CHECK TIME

- Does your partner notice what you do for him or her, and does your partner show you appreciation, even if it is in a small way?
- Do you remember the last time your partner said “please” or “thank you”?
- Do you still have enthusiasm about doing things for your partner and the relationship, or have you lost your willingness to give freely?
- Do you feel that your partner appreciates you as much now as he or she did in the beginning of your relationship?
- Do you and your partner consistently show appreciation for each other?

ATMOSPHERE Benefit

DEFINITION OF A POSITIVE ATMOSPHERE

A **positive atmosphere** is the result of optimism. It is an atmosphere of encouragement, energy, and positivity. It's a healthy place to live, grow, and be yourself. With it relationships becomes a nurturing ground for new ideas and successes.

Some aspects of a positive atmosphere

- **You feel energized being in a positive atmosphere.** You are encouraged to do things and to try things. Despite having problems, you don't feel preoccupied with them. You don't live in an environment that emphasizes the negative.
- **You enjoy waking up in the morning and being home at night.** The atmosphere in your home is a place where you like to be. It's uplifting and a positive refuge.

How you might feel...

When you live in a positive atmosphere:

1. **You feel positive about your life and your relationship.** It is not weighted down with complaining, discouragement, fear or indecision. You might have problems or questions in your life, but the atmosphere with your partner gives you support and encourages solutions.
2. **Your home is charged with positive energy.** When you are home you feel encouragement, motivation, support, and appreciation to "recharge" your human battery. It gives you the energy to face the world with a smile and take advantage of all its opportunities.

When you don't have a positive atmosphere in your relationship:

1. **You're living in a negative environment.** You might feel surrounded by complaining, whining, nagging, constant questioning, critiquing, doom, gloom, and discouragement.
2. **You might have a difficult time getting anything accomplished.** You first have to address and climb over your partner's objections, criticism and negativity before you can even begin to move forward.
3. **Starting your day in the morning is difficult when you dread what you will be facing when you get up.** You can feel defeated even before you begin. A negative

environment can make you feel tired, defeated, hopeless, overwhelmed, drained, and empty before you even get out of bed.

4. **Your hopes and dreams might go down with negativity.** You can be afraid of the future and might begin to doubt your abilities.
5. **You might build an emotional wall to protect yourself from the negative environment.** You may try to avoid your partner or controversial issues until you get out of your house and into the open air with people who are positive and supportive.

REALITY CHECK TIME

- Do you and your partner work to create a positive atmosphere in which you both can live?
- Do you feel joyful and confident at home with your partner, or does a cloud of doom and gloom seem to hang over your heads?
- Does the partnership environment support solving problems together, or do you feel forced to find solutions on your own?
- Do you look forward to being at home or do you actually feel better when you are away?
- Is feeling upbeat and positive around your partner easy, or is it work?

REFLECTIONS: WHEN YOUR PARTNER CREATES A POSITIVE ATMOSPHERE

You look forward to waking up and facing your partner.

You share what you are looking forward to during the day.

You look to your partner as a source of encouragement for your day and your efforts.

As you leave each other, you kiss and say, "Have a great day," and your partner actually means it.

When you get together after work, you share the positive highlights of your day and know you are leaving the problems behind.

You look forward to seeing each other and exchanging your good times of the day.

When you face problems in life, you can count on your partner to raise your spirits.

Your partner helps give you positive support to find answers and see the bright side.

Your partner accepts the bad with the good in life but chooses to focus on the good.

You become a part of your partner's positive energy.

You go to bed at night with a smile on your face and think, "What a nice day."

And you mean it!

CARING Benefit

DEFINITION OF CARING

Caring is showing concern for you as a person. Your partner does more than accept you—your partner goes the extra step to show concern for how you feel as a person. Your partner can do this through his or her touch, comments, or actions. Your partner bases his or her caring on your individuality, not just what you give to the relationship.

Some aspects of caring

- **Caring shows that your partner is concerned about how you feel and how you are doing.** It's good to know that someone else has our concerns at heart and is looking out for us. We don't feel alone, but rather have someone else on our side who takes great interest in us as well.
- **Caring shows that you are not being used for the services you bring to the relationship, but that you are cared about as a person.** Anyone can pay for services. Caring shows that your partner is concerned about you as a person, your feelings, your interests and your development rather than just the services you provide for him or her.

How you might feel...

When your partner shows care for you:

1. **Your partner cares about how you feel as an individual, and he or she shows it.** Regardless of how you feel, how you look, or what you are thinking, your partner shows concern simply because you are you--and you are important.
2. **You feel good because your partner's concern requires nothing in return.** It is spontaneous, unsolicited and genuine. You know that your partner's caring is based not solely on what you give him or her, such as taking care of the household, raising the children, giving financial security, looking good for social reasons, or fulfilling sexual requirements (although you might do all of these things).

When your partner doesn't show care for you as an individual person:

1. **You might feel that your concerns don't matter.** Your partner might trivialize or not understand your need to feel cared for as a separate person and might try to make you feel unreasonable.
2. **You might feel like only "a thing" that performs duties.** You might feel like your partner doesn't care about who or what you are as long as you get your jobs done. Your partner would seem to be just as happy with a maid, a nanny, paid sex, a robot, a trophy, a money machine, or whatever your position is in the relationship. Although your partner might tell you how much he or she cares about you, you might

not realize that your partner cares only about what you give to the relationship and not how you feel as a separate person.

REALITY CHECK TIME

- Do you and your partner care about each other?
- How do you each show your caring?
- Does your partner really care about how you feel as an individual, or does your partner care only about what you bring to the relationship or can do for him or her?
- Do you have the freedom to bring any concern or worry to your partner, and do you know that you will receive comfort?
- Does your partner care about the things that are important to you, even if they are not important to him or her?

CHERISHING Benefit

DEFINITION OF CHERISHING

Cherishing is the feeling that comes when your partner treats you as though you are the most unique and special person in the world. Your partner sees you as an individual human being, someone very special, and those feelings are reflected in the way he or she treats you. Your partner values you and thinks you are precious, and this differentiates you from the millions of other people in the world.

Some aspects of cherishing

- **When you feel cherished, you feel special in your partner's eyes.** You feel unique and one-of-a-kind. Your partner cares about you so much that your partner puts you on the highest level. Your partner wants to take special care of you because you are so special to him or her.
- **Being cherished is one of the strongest relationship benefits, because you feel important to your partner, as an individual.** It gives you not just a warm feeling about yourself, but a sense of security and trust in your relationship, because your partner thinks you are important and special to him or her. Your feelings, your development, your interests and everything about you is important to your partner, because they are all a part of you. When you are cherished, you are more than just a service provider to your partner—you are one of the most unique and wonderful people on earth.

How you might feel...

When you feel cherished:

1. **Your partner makes you feel that you could never be replaced and that no one will ever have such a big place in his or her heart.** You feel extremely special and are treated with tender loving care.
2. **Your partner shows you how much he or she cherishes you by doing special things for you, encouraging you as an individual, and showing concern about your feelings.** You feel that your partner cherishes you in private and in public. Everyone can see that you are the most important person in the world to your partner.
3. **The warm feeling you get when you know that your partner cherishes you is the best feeling and cannot be substituted.** When romance is new, the feeling may be very intense and after many years, the feeling may be largely comfort and trust. Either way, you know that you are cherished.

When you don't feel cherished by your partner:

1. **You feel just like any other person in your partner's life or even less important.** You don't feel special. You're just a person who provides important services in your partner's life.
2. **You might feel that your partner cares about others just as much as you.** This might cause you to have feelings of insecurity or a lack of confidence in yourself as a loveable person.

REALITY CHECK TIME

- Do you and your partner cherish each other?
- Do you feel special in your partner's eyes? Has this feeling changed since the beginning of your relationship?
- Would you and your partner feel that something would be missing if you weren't together?
- Is your happiness the most important thing to your partner?
- If you asked, would your partner do anything within reason to please you?