

FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

9. CHERISH EACH OTHER

All the previous skills concern getting, but cherishing means **cultivating the skill of having**. Cherishing is the deliberate cultivation of your capacity to take pleasure in and celebrate what is going right. Cherishing your partner's progress by giving her/him positive feedback is the best way to engender more of the behaviours you'd like.

You cherish your relationship by making time for it, putting energy into it, by giving your partner gifts in word or deed that **demonstrate you care**. You cherish yourself through active self-care. You cherish your commitment to continued growth and relationship practice by becoming partners-in-health, sharing information and inspiration.

YOUR PRACTICES

APPRECIATE

- **Appreciate each other at least once a day.** At the end of the day, tell your partner three things you appreciate, either about something current or about something more long-standing. "I really appreciate your listening to me earlier this evening" is one example. So is "You have always had the most beautiful eyes".
- **Develop an "attitude of gratitude".** Throughout the day, notice and shift all victim thinking. If you don't like something, change it, embrace it, or leave it. If you choose neither change or leave, then own your choice and appreciate the good qualities of the situation.

CULTIVATE A SENSE OF ABUNDANCE

- In both ordinary moments and especially in moments of upset, stop, look down or close your eyes for a few seconds, and **breathe**. Feel the sweetness of a good, deep, breath. Feel the warmth or coolness of the air on your skin. Become aware of your surroundings, your home, the trees outside your window, your children or pets. **Remember that your life is abundant**, and that a particular disruption in your relationship or your circumstances will not take that abundance away.

THE FIVE LOVE LANGUAGES by Gary Chapman describes five ways you can show love & appreciation for your partner.

Take the free quiz to find out about your love language and your partner's love language

<http://www.5lovelanguages.com/profile/>

- **Words of affirmation** – Uses words to affirm your partner
- **Quality time** – Is all about giving your partner your undivided attention
- **Receiving Gifts** – What makes you feel most loved, is receiving a gift. It's the thought that counts.
- **Acts of Service** – For you, actions speak louder than words
- **Physical Touch** – For you, nothing speaks more deeply than appropriate touch.