

COUPLES THERAPY EXERCISES WORKSHEET

| Questions | Your answer |
|---|----------------|
| What do you think is the strength of your relationship? | |
| What do you like most about your partner? List three things. | 1. 2. 3. |
| What do you dislike about your couple. List three things. | 1. 2. 3. |

Spend time together

Do fun activities together, like exercising, playing games.

Have an honest hour.

Try to solve every issue through communication

Support each other in every situation.