

## EFT Couples Therapy Worksheet

Think and give appropriate answers to each question regarding positive aspects and memories of your relationship with your partner.

**Five things that you appreciate about your partner**

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**What is your favorite memory of you and your partner?**

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**How do you take care of your partner?**

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**How does your partner take care of you?**

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**Write about a time when you and your partner had an argument. How did you both resolve it?**

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