

APPRECIATION ACTIVITY

Acknowledging positive attributes creates deeper connection, trust and safety in a relationship. *When we truly feel seen and understood, we have a greater capacity to see and understand others too.* This form of acknowledgment helps us heal and thrive both individually and as a family.

Directions: Circle below characteristics you see and appreciate about a family member. Then jot down an incident or two where you noticed this, and how it impacted you.

Loving	Funny	Present	Witty
Sensitive	Considerate	Involved	Relaxed
Brave	Affectionate	Expressive	Kind
Intelligent	Organized	Active	Lively
Thoughtful	Resourceful	Careful	Silly
Generous	Athletic	Reserved	Calm
Loyal	Protective	Cheerful	Fun
Supportive	Energetic	Creative	Responsible
Assertive	Playful	Dependable	Decisive
Caring	Warm	Adventurous	Nurturing
Imaginative	Great Friend	Understanding	Vulnerable
Shy	Interesting	Supportive	Laughing
Successful	Musical	Artistic	Free Spirited
Teacher	Chef	Peace-Maker	Individual
Hard Worker	Clean	Empathetic	Good Listener
Compassionate	Logical	Animal-lover	Spiritual

1. _____

2. _____

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