

After a Transition as a Couple Storying our Strengths

What is this about?

You and your partner have just gone through a major transition together, whether that was a change in location, job, family status, or something else. Both of

you likely had to adapt in new ways, drawing on your strengths or working through areas of weakness. It is important to stop and take stock of the ways in which you were there for each other. Of course, you both may wish you could go back and do some things differently, but this exercise is about noticing the things you appreciate about each other. It's about taking the time to say, "Hun, you really came through for us!"



What do we do?

1. Schedule a date night as a couple—you could make it special by dressing up and going out or by putting on pajamas and curling up together on the couch.
2. Spend some time reminiscing together about your transition. What were the highs and lows? Perhaps there were even some funny moments. Enjoy the fact that you did it together, even if imperfectly.
3. Each of you, tell your partner some of the things you appreciated about what they did for you and/or your family during this transition. Be specific, and don't leave anything out just because it seems small. "That time you made my favorite meal with just one pan because the others were packed." "The way you rubbed my back when I was anxious." "How you prayed for us."
4. Affirm the character strengths that these actions demonstrated in your partner. You can find an example list of character strengths at <https://www.viacharacter.org/character-strengths>.
5. Receive these compliments as a gift from your partner!
6. You might also consider creating a way together to help yourselves remember this moment. Do you want to write it down in a gratitude journal or in thank you cards to each other? Be creative! Perhaps you want to make a collage, take a photo together, or create some other craft or symbol to remember this transition and how you came through it together.

What did we learn?

This exercise invited you to grow your virtues of gratitude, humility, cooperation, and encouragement. After a period in your life in which most things probably felt uncertain and out of control, you can celebrate your successes as a couple and enjoy some time together!

Reflect: What did you learn about yourself as you completed this exercise? What did you learn about your partner? What is the main thing you want to remember from completing this exercise that will help your relationship?