

Values List for Couples

Place a checkmark beside the values that resonate with you.

- 1. **Love:** Unconditional affection and care for your partner.
- 2. **Trust:** A strong belief in the reliability and honesty of your spouse.
- 3. **Communication:** Open, honest, and effective sharing of thoughts and feelings.
- 4. **Respect:** Acknowledging and valuing your partner's opinions, boundaries, and individuality.
- 5. **Empathy:** Understanding and sharing in your spouse's emotions and experiences.
- 6. **Commitment:** Devotion and dedication to the long-term success of the marriage.
- 7. **Integrity:** Upholding a strong moral and ethical foundation in your actions and decisions.
- 8. **Appreciation:** Recognizing and expressing gratitude for your partner's contributions and qualities.
- 9. **Compassion:** Demonstrating kindness and consideration, especially in challenging times.
- 10. **Flexibility:** Willingness to adapt and compromise for the greater good of the relationship.
- 11. **Forgiveness:** Letting go of resentments and choosing understanding and acceptance.
- 12. **Teamwork:** Collaborating and supporting each other in achieving common goals.
- 13. **Shared Goals:** Aligning aspirations and ambitions to create a harmonious future.
- 14. **Quality Time:** Prioritizing and enjoying moments of connection and togetherness.
- 15. **Patience:** Tolerating difficulties and being understanding during times of growth and change.
- 16. **Humor:** Finding joy and laughter together, even in challenging situations.
- 17. **Loyalty:** Remaining steadfast and supportive through thick and thin.
- 18. **Generosity:** Offering kindness, support, and resources freely to your spouse.
- 19. **Security:** Creating a safe and stable environment for your partner.
- 20. **Gratitude:** Cultivating an attitude of thankfulness for the blessings within the marriage.
- 21. **Values not on the list:**
