



Week 10

Admiration

Communicating respect, appreciation, and spoken value

Expanded Edition

Practical exercises, deployment-ready examples, and guided weekly growth.

Luminous Pathways International
luminouspathways.life

Admiration

Communicating respect, appreciation, and spoken value

Definition	Why it matters in deployment	Weekly focus
Admiration is the experience of being respected, valued, and positively regarded by one’s spouse. It includes appreciation for character, effort, growth, and the way each partner carries difficult responsibilities.	Stress makes it easy to focus only on what is missing or disappointing. Specific admiration restores dignity and reminds both partners of the strengths already present in the relationship.	Practice sincere, specific appreciation that communicates respect rather than flattery.

Core practices for this week

- Name effort and character, not only outcomes.
- Offer appreciation before resentment has built up.
- Avoid sarcasm, contempt, and public criticism.
- Address concerns without attacking identity.
- Notice growth that has occurred during deployment.

Conversation prompts	This week’s couple actions
• “What quality in me do you rely on most?” • “What effort have you made that I may have overlooked?” • “Where have you seen me grow during this deployment?”	• Name three qualities you admire. • Use one specific appreciation each day. • Turn one criticism into a respectful request.

Guided growth exercises

Choose one exercise to complete during a call or video chat, or work through all three across the week. The goal is consistent practice, not perfect performance.

Strength Spotting

10
minutes

Purpose: Train attention toward the spouse's character and effort.

1. Each partner names one strength observed this week.
2. Give evidence: what the spouse did or how they responded.
3. Explain why that strength matters to the relationship.

The Specific Appreciation Formula

10
minutes

Purpose: Make admiration believable and meaningful.

1. Use: "I admire/appreciate..."
2. Add the specific behavior: "when you..."
3. Add the impact: "because it helps me/us..."
4. Avoid adding a correction or request afterward.

Criticism-to-Respect Reset

15
minutes

Purpose: Address concerns without contempt or character attacks.

1. Write one recurring criticism.
2. Remove labels such as lazy, selfish, careless, or dramatic.
3. Convert it into a specific observation, feeling, and request.
4. Say the request in a calm tone.

How this can look in real life

Deployment communication is often brief, interrupted, or emotionally uneven. These examples show how to apply the week's skill without requiring a perfect conversation.

Situation	A spouse handles a difficult week but receives only correction.
Try this	"I know there are things we still need to address. Before that, I want to say I admire how steadily you handled the children and the house this week."
Why it helps	Respect is not postponed until everything is perfect.

Situation	A compliment sounds generic or obligatory.
Try this	"I admire how you stayed patient on yesterday's call even though you were exhausted. It helped me feel safe talking honestly."
Why it helps	Behavior and impact make admiration credible.

Situation	A concern is expressed as a character attack.
Try this	Replace "You never care" with "When two calls pass without an update, I feel unimportant. Could you send a short message when possible?"
Why it helps	A respectful request gives the partner something actionable.

Common traps to avoid

- Adding "but" immediately after appreciation.
- Using praise manipulatively to obtain compliance.
- Saving admiration only for major accomplishments.
- Confusing respect with avoiding difficult conversations.

A useful reset phrase

"I want to address the problem without losing sight of what I value in you."

Workbook and seven-day application plan

Complete the reflection prompts individually, then share what feels useful. Use the seven-day plan as a flexible rhythm rather than a rigid requirement.

What kind of appreciation helps me feel most respected?

What strength in my spouse have I overlooked?

What criticism can I convert into a respectful request?

Seven-day application plan

Day 1	Name one strength with evidence.
Day 2	Use the Specific Appreciation Formula.
Day 3	Thank your spouse for an ordinary contribution.
Day 4	Convert one criticism into a request.
Day 5	Name one area of growth.
Day 6	Express admiration without adding a correction.
Day 7	Choose one appreciation habit to keep weekly.