

Healings and Feelings

This exercise is to be done as a gift. Make sure you are in a space as a couple where you can accept your partner's honesty... where you will be open and curious to their words... and where it will not be important to defend or disagree with any of their positions. This isn't about "truth"... this is about "experience." When you are the speaker... it is your job to offer your sincerity and genuineness. When you are the listener... it is your job to be an active listener and see the words your partner offers as a gift to you.

This exercise is meant to increase "intimacy" from the perspective of "into me see." We want to treat this space between you as sacred. You are not to use the information shared here in any negative way in the future. This is a space of trust. You are both responsible for the safety you create for each other.

Sit in a position where you are facing each other... where your knees can touch. Offer as much eye contact as possible. Take turns with each statement... partner #1 answers first statement and then partner #2 does. Partner #2 answers second statement and then partner #1 does... and so forth.

1. In our marriage, when we relate together, I am happiest when...
2. In our marriage, when we relate together, I am saddest when...
3. In our marriage, when we relate together, I am angriest when...
4. The best thing about our marriage is...
5. I feel most afraid when...
6. I feel loved when you...
7. My greatest concern / fear for our marriage is...
8. What I like most about myself is...
9. What I dislike most about myself is...
10. What I like most about you is...
11. My greatest concern / fear for you is...
12. The feelings that I have the most difficulty sharing with you are...
13. The feelings that I share most easily with you are...
14. Right now I feel ... towards you.
15. Right now I feel ... towards myself.
16. I feel ... sharing these feelings with you.

Embrace each other before moving on to the rest of your day/evening routines.