

Healings and Feelings for a Mixed Faith Marriage

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. Use I statements and stay away from personal attacks. When you are the listener... it is your job to be an ACTIVE listener (being mindful to not be retorting in your own mind) 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. One of the reasons I fell in love with you is...
2. The best thing about our marriage is...
3. In this mixed-faith marriage situation I am most afraid about...
4. In this mixed-faith marriage situation I feel loved when you...
5. In this mixed-faith marriage situation I feel lonely when...
6. In this mixed-faith marriage situation I feel supported when...
7. In this mixed-faith marriage situation, my greatest concern/fear for you is...
8. In this mixed-faith marriage situation, my greatest concern/fear for me is...
9. In this mixed-faith marriage situation, the feelings that I have the most difficulty sharing with you are...
10. In this mixed-faith marriage situation, the feelings that I share most easily with you are...
11. One of the ways I feel we have grown together in this situation is...
14. Right now I feel ... towards you.
15. Right now I feel ... towards myself.

Embrace each other, thank each other for this shared moment, and move on to the rest of your day/evening routines.