

Your Relationship Vision

Time: approximately 60 minutes

Purpose: This exercise will help you see the potential in your relationship

Comments: Do this exercise together

Instructions:

1. Take out two sheets of paper, one for each of you. Working separately write a series of short sentences that describe your personal vision of a deeply satisfying love relationship. Include qualities you already have that you want to keep and qualities you wish you had. Write each sentence in the present tense, as if it is already happening. for example. "We have fun together." Make all your items positive statements (i.e. "We settle differences peacefully" rather than "We don't fight")
2. Share your sentences. Note the items that you have in common and underline them. (It doesn't matter if you have used different words, as long as the general idea is the same.) If your partner has written sentences that you agree with but did not think of yourself, add them to your list. Ignore items that are not shared.
3. Now turn to your own expanded list and rank each sentence with a number from 1 to 5 according to its importance to you, with 1 indicating "very important" and 5 indicating "not so important."
4. Circle the two items that are most important to you.
5. Put a check mark beside those items that you think would be most difficult for the two of you to achieve.
6. Now work together to design a mutual relationship vision. Start with the items that you both agree are most important. Put a check mark by the items that you both agree would be difficult to achieve. If you have items that are a source of conflict between you, see if you can come up with a compromise statement that satisfies both of you. If not, leave the item off your combined list.