

Exercises:

Understanding your Past

In his book, *Loveability*, Robert Holden encourages the following questions for inquiry:

1. Growing up, what did your mother/father teach you specifically about love?
2. As a child, how did your mother/father help you to feel loved and loveable?
3. What did you notice about how your mother/father expressed their love for each other?
4. How does your relationship with your mother/father influence your relationship to love?
5. How does your relationship with your mother/father influence how much you love yourself?
6. How does your relationship with your mother/father influence your experience of romance?

Take a few minutes and reflect on these questions. Then free journal answers to the questions that seem most salient to you:

Reappraise conflict

Think about the specific disagreement that you just wrote about having with your partner. Think about this disagreement with your partner from the perspective of a neutral third party who wants the best for all involved; a person who sees things from a neutral point of view. How might this person think about the disagreement? How might he or she find the good that could come from it?

Core Scene Revision

| Current core scene of conflict | A positive rewriting of that scene |
|---------------------------------|---------------------------------------|
| Act I: A small snafu | Act I: A small snafu (same as before) |
| Act II: Conflict escalation | Act II: Compassionate response |
| Act III: Climax | Act III: |
| Act IV: Result | Act IV: Resolution |
| Act V: Feeling of Disconnection | Act V: Feeling of Connection |

Now play out the positive rewriting of the scene. What can be improved?