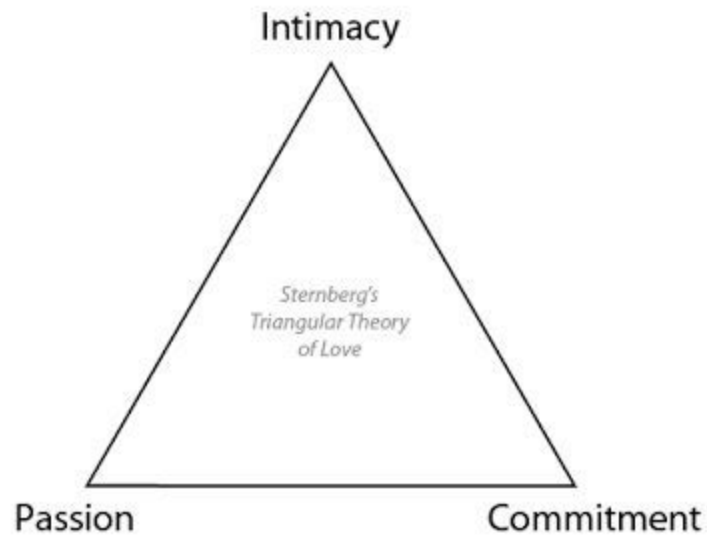


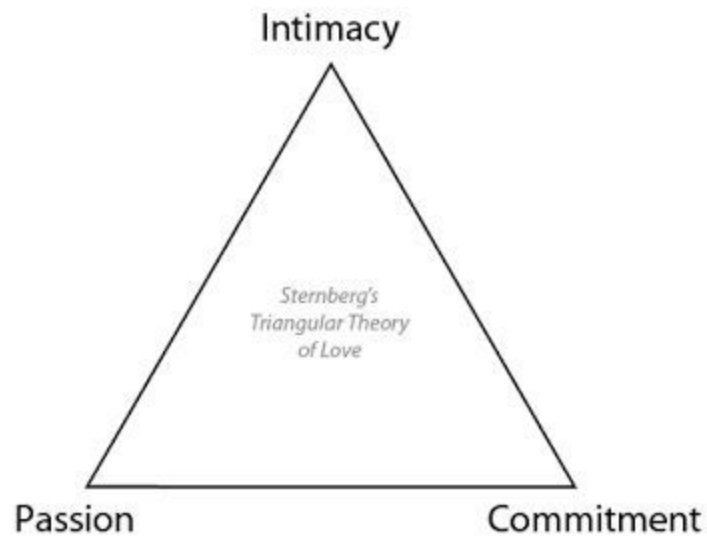
Exercises

Filling out your love triangle
(with what is known as a radar plot)

Where we are right now:



Where we want to be at this point in life



Become Conscious and Cultivating Responsiveness

Understanding, which involves “comprehending the partner’s core self (e.g., needs, desires, strengths, weaknesses, etc.).”

Validation, which involves “respect for or valuing of the partner’s view of the self.”

Caring, which involves “expressing affection, warmth, and concern for the partner’s well-being.”

Re-romanticize

Some of my fondest memories of the beginning of our relationship are...

I really loved it when we...

I still get butterflies when you...

Some things that I used to do (that I can make sure to continue to do) to be romantic...

- 1.
- 2.
- 3.
- 4.

Create your love map

Imagine that you are standing in a graveyard looking at your own tombstone. Now write the epitaph you would like to see there. Begin with the words: "Here lies ..."

Write your own obituary. (It does not have to be brief.) How do you want people to think of your life, to remember you?

Now you're ready to write a mission statement for your own life. What is the purpose of your life? What is its meaning? What are you trying to accomplish? What is your larger struggle?

What legacy would you like to leave when you die?

What significant goals have you yet to realize? This can be creating something or having a particular experience. Minor examples are learning to play the banjo, climbing a mountain, and so on.

Now share your answers with your partner, and have them share theirs.

Commit to Safety and Security

Our last and final exercise is to repeat the following mantra to our partners:

“I am committed to cultivating a loving, safe, and secure relationship for us both.”