



# Your Relationship Vision Exercise

## STEP 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
  - Qualities you wish you had.
- Write each sentence in the present tense, as if it were already happening. For example:  
"We have fun together"
  - "We have great sex"
  - "We are loving parents"
  - "We are affectionate with each other"
- Make all your items positive statements such as:
  - "we settle our differences peacefully" rather than "we don't fight".

## Step 2

- Share your sentences. Note the items that you have in common – 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.
- FOR THE MOMENT, IGNORE ITEMS THAT ARE NOT SHARED

## Step 3

Now turn to your own expanded list and rank each sentence (including the ones that are not shared) with a number 1 – 5 according to its importance to you, with 1 indicating "very important" and 5 indicating "not so important".

## STEP 4

Circle two items that are most important to you.

## STEP 5

Put a check mark beside those items that you think would be most difficult for the two of you to achieve.

## STEP 6

Now work together to design a mutual relationship vision similar to the following example.

- Start with the items that you both agree are most important.
- Put a check mark by those items that you both agree would be difficult to achieve.
- At the bottom of the list, write items that are relatively important. 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.



# Your Relationship Vision

## Exercise

### STEP 7

- Post this list where you can both see it easily. Once a week, at the beginning of your work sessions (before our Monday sessions), read out loud to each other.

**Partner #1**  
**Example:**  
**Number by importance**  
**1 very important 5 less important**

**Our Relationship Vision**  
**"We have fun together"**

**Partner #2**  
**Number by importance**  
**1 very important 5 less important**