

Your Relationship Vision

- 1. Write a series of short sentences that describe your personal vision of a deeply satisfying love relationship. These represent your core relationship values – what you want your relationship to be characterized by. Do this individually first, giving it some thought before discussing with your partner.**

Write each sentence in the present tense and action statements as if it were already happening (and indeed it might be happening). Make all the statements positive statements

For example “having fun together” “caring for each other”
“supporting each other” “always being honest”, “being loyal”

2. Share you lists with each other. Note the items that you have in common and underline them (if the idea is the same – it doesn't matter about the words). If your partner has written sentences that you agree with but did not think of yourself, add them to your list.
3. Now with each of your expanded lists rank each sentence (including the ones that are not shared) with a number from 1 to 5 according to its importance to you with 1 being of the highest importance and 5 of less importance (you can use the same number more than once).
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 similar to the following example. Start with items you both agree are most important. Put a check mark next to those that you both agree would be difficult to achieve. At the bottom of the list, write items that are relatively unimportant. 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.

Our Relationship Vision

| John | | Jill |
|------|--|------|
| 1 | Being loyal | 1 |
| 1 | Trusting each other | 1 |
| 1 | Sharing important decisions | 1 |
| 1 | Respecting our parents | 1 |
| 2 | Enjoying socializing together | 1 |
| 2 | Creating a safe space for our family | 2 |
| 2 | Sharing spiritual pursuits | 2 ✓ |
| 2 | Discussing differences peacefully | 3 |
| 3 | Being physically active | 3 |
| 4 | Exploring the world together | 3 |
| 4 | Enjoy nature together | 4 |
| 5 | Supporting each others career challenges | 4 |
| 5 | Providing space for solitude or private time | 5 |
| 5 | Getting involved with social causes | 5 ✓ |

Post this list where you can see it daily