

Becoming Open and Responsive

Take a Trip Down Memory Lane

Partner A will focus on one key past relationship with a parent, lover or close friend. Partner A will share with Partner B the surface feeling when you think about this past relationship. Partner B will attentively listen and create a safe place for sharing. Partner B can ask a few short questions if he/she finds this description hard to understand. Then Partner B will share & Partner A will listen.

My strongest fear/anxiety in this relationship was _____
_____.

What I longed for from this person was _____
_____.

Let's have a do over

Now choose a more current event in your relationship where you felt disconnected from each other and became stuck in your negative cycle.

Choose at least two alternative responses or behaviors you could have made that might have slowed down this conversation and allowed you to take control of it?

1)

2)

Each share your responses with your partner

Now ask your partner if your responses would have helped him or her. YES NO

If the answer is NO, brainstorm together what responses would have helped.

1)

2)