

# Check in and Positive Connection

## INTRO: Checking in

In general how hard was it for you to talk about your more vulnerable emotions on a scale of 0-10 (0= not hard, 10= very hard)?

0      1      2      3      4      5      6      7      8      9      10

When I think of sharing my softest feelings with you here, it is hard to do. My worst fantasy is that what will happen is \_\_\_\_\_.

It would make it easier for me to share my vulnerable feelings with you if you: \_\_\_\_\_  
\_\_\_\_\_.

## PART I: Positive Connection

*Think of a time when you shared a sense of vulnerability or a hurt feeling with your lover and your lover responded in a way that helped you feel close.*

**What you did that made a difference was:** \_\_\_\_\_  
\_\_\_\_\_.

**Share this with your partner.**