

Revisiting the Tough Times

Sharing Exercise

Where does it hurt?

Directions: Partner A will go first while Partner B will actively listen and then will complete the PDF fun sheet entitled: *Revisiting the Tough Times Response Exercise*. Then partners will switch roles and Partner B will share while Partner A will actively listen and then respond using the PDF fun sheet entitled: *Revisiting the Tough Times Response Exercise*.

Think of an incident in your relationship where the safety, security and bond in the relationship was threatened or shaken. Identify the incident(s) below.

- 1)
- 2)
- 3)

How hard was it for you to talk about your more vulnerable emotions related to these relationship wounds 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 about revisiting this event and sharing my softest feelings with you, my worst fantasy is that what will happen is _____.

It would make it easier for me to share my vulnerable feelings and revisit this experience with you if you could (*share with your partner what gesture would demonstrate love, care and comfort to you*):

Revisiting the Tough Times

Directions: Brainstorm with your partner the sequence of events using facts (not judgments or perceptions) about the incident as though you were a neutral bystander, objective observer or “fly on the wall.” Keep it simple and descriptive. Then jot down the joint version of the incident below.

BEHAVIORS: Now for your incident identify what 3 behaviors you engaged in. Then ask your partner to reflect and identify the top 3 behaviors he or she did by **selecting from the behavior list**.

YOUR BEHAVIORS:

YOUR PARTNER’S BEHAVIORS:

What are 2 alternative behaviors or statements in retrospect, I would have preferred to make instead? Ask your partner what alternative behaviors he or she could have done to bring you both closer rather than further apart? List them below.

YOUR ALTERNATIVE BEHAVIORS:

YOUR PARTNER'S ALTERNATIVE BEHAVIORS:

-
-

-
-

FEELINGS: Identify your deeper softer feelings and body sensations you were experiencing at the time below (**refer to feelings/body sensation list**). Then ask your partner what feelings & body sensations they experienced at that time. Jot both yours & your partner's feelings & body sensations below.

YOUR FEELINGS & BODY SENSATIONS:

YOUR PARTNER'S FEELINGS & BODY SENSATIONS

_____	_____
_____	_____
_____	_____

SHARING: Now you will share your experience with your partner by identifying what you were needing from your partner at the time. **Be specific (refer to your needs sheet if necessary)**. Your partner will simply listen attentively and be empathetic towards you.

When you said or did (factual information only, NO judgments and NO interpretations)

_____...

I felt (use your deeper feelings here) _____, _____, & _____.

When we are disconnected, what I am most afraid of is

_____.

What I need from you is (refer to your list of needs and be specific) _____,
_____, _____.

When deep inside I feel _____ and _____...

I need you to (offer a simple, direct and specific reassurance from you partner that would help you with these fears and feelings)

_____.

Now your partner will share their response using the Revisiting the Tough Times Response Exercise