

Revisiting Special Moments

Identify a moment of special connection in the history of your relationship that you cherish and fill you with a sense of security and connection.

A moment in our relationship when I was overflowing with feelings of secure belonging was when _____
_____.

I cherish it because _____.

Another moment that stirs my heart and brings a smile to my face is...
_____.

A key moment in our relationship where you shifted to another level and took a risk of becoming more open and responsive with me was... _____
_____.

A key moment in our relationship where I shifted to another level and took a risk of becoming more open and responsive with you was... _____
_____.

Share this with your partner.