

The Revolutionized Fairytale

Like in all fairytales there is a hero and/or a heroine. In your case you are a heroic couple who has persevered and has triumphed. Together you have concurred the true villain “the negative communication cycle.” Below you will describe your feelings about the battles you have endured in the past and how you plan to utilize your newfound wisdom and insights in your relationship so you can have a happily ever after.

Two metaphors that describe our relationship when we were in battle, feeling insecure and stuck in our negative communication cycle are...

- 1)
- 2)

Two behaviors that describe how we operated on the battlefield when we were stuck in our negative cycle are...

- 1)
- 2)

Now that we have awakened from the spell we were under, the two antidotal behaviors we can use to create a new pattern that is more effective are...

- 1)
- 2)

One key instant when I magically saw you differently and was able to reach for you was...

-

Two metaphors or adjectives that describe my “happily ever after” relationship with you right now are:

- 1)
- 2)

One ritual that I am committed to doing in order to maintain an open and ever growing connection with you is by... (refer back to the ritual you committed to doing in the previous exercise).

-

Share this with your partner.