

Session #1

A Fresh Start: How to Create an Extraordinary Relationship Foundation

This Week's Practice:

1. Look for and acknowledge your partner's Full Potential out loud as often as possible.

Examples:

"You are loving."

"You are so beautiful."

"You are a hard worker."

2. Give three appreciations to your partner before bed.

Examples:

"Thanks for mowing the lawn today."

"I loved how you put your arms around me when I was cooking."

"Thanks for saying I looked beautiful first thing in the morning."

This Week's Homework Assignment:

1. Write up your relationship vision from five years out as if happening now. (You can each write out your own, or write it together, your choice.)

Example:

"We are more intimate and loving with each other now than ever. We share everything with each other and withhold nothing. It's evidence of how safe we feel to be ourselves with each other."