

## RELATIONSHIPS – OPEN TO YOUR PARTNER

Ask yourself these questions and then, if they're willing, ask your partner to answer them. Compare the results. Are you on the same page? Can you find common ground? This should be an open discussion so each of you can learn. This is only a start. It may take a while to restore open communication. You might establish some "rules of engagement" so each of you can share without anger or diversion. You need trust to share at this level. You are exploring, so be open to what you discover. You might find truth you didn't know and see a new direction to correct negative dynamics in the Present.

FANTASIZE YOUR PERFECT WORLD. This is not what you feel obligated to be doing, but how you would like to be spending your time.

What does the day look like? What are you doing? Work? Hobbies? Vacation?

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What does your dream job look like? What are your income goals?

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Where are you living? (ocean, mountains, lake, exactly where you are – small house, large house, etc.)

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What plans have you made for a vacation? What's on your bucket list?

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How does the family dynamic flow?

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What inspires you? Why?

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How are you interacting with your partner? How does intimacy look/feel?

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Write a few of your own questions to discuss. What dreams/changes do you have?

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