

“Coming together is a beginning; keeping together is a process; working together is success”

~Henry Ford

Self-Reflection: Take some time to explore your patterns both within yourself and in your relationships. How do you relate and respond to others? What we hope to gather from this reflection is what pushes your buttons. You may find a specific cause in response and/or a functioning pattern. The idea is to develop an awareness to yourself as not to project your pattern onto your partner or develop an unhealthy pattern together. Ideally, we are seeing ourselves a new rather than relating based on conditioned responses. A journal may be helpful. Use the following chart as a reflection to your entries.

Button What sparks a response?	Response What layers of emotion filter this response?	Reaction What is your behavior pattern?

“Life is a journey and it's about growing and changing and coming to terms with who and what you are and loving who and what you are. ” ~Kelly McGillis

Personal Practice: Choose a response that is forward moving. Ideally, we are able to work beyond reactivity and see under our emotions to choose a mindful presence with each other. A daily practice log will be helpful.

Practice How do you intend to grow?	Context What was your opportunity for growth?	Embodied Response What did you notice in your body?	Resolution What shifted?

"Intense love does not measure, it just gives."

~Mother Teresa

Relationship Reflections:

What brought you together in the beginning?

What brings you together today?

How do you and your partner connect?

How do you nurture your individual and collective growth?

How do you intend to grow together?

Can you see yourself as whole, complete and worthy of connection?

Do you see your partner as whole, complete and worthy of connection?

How do you feel love?

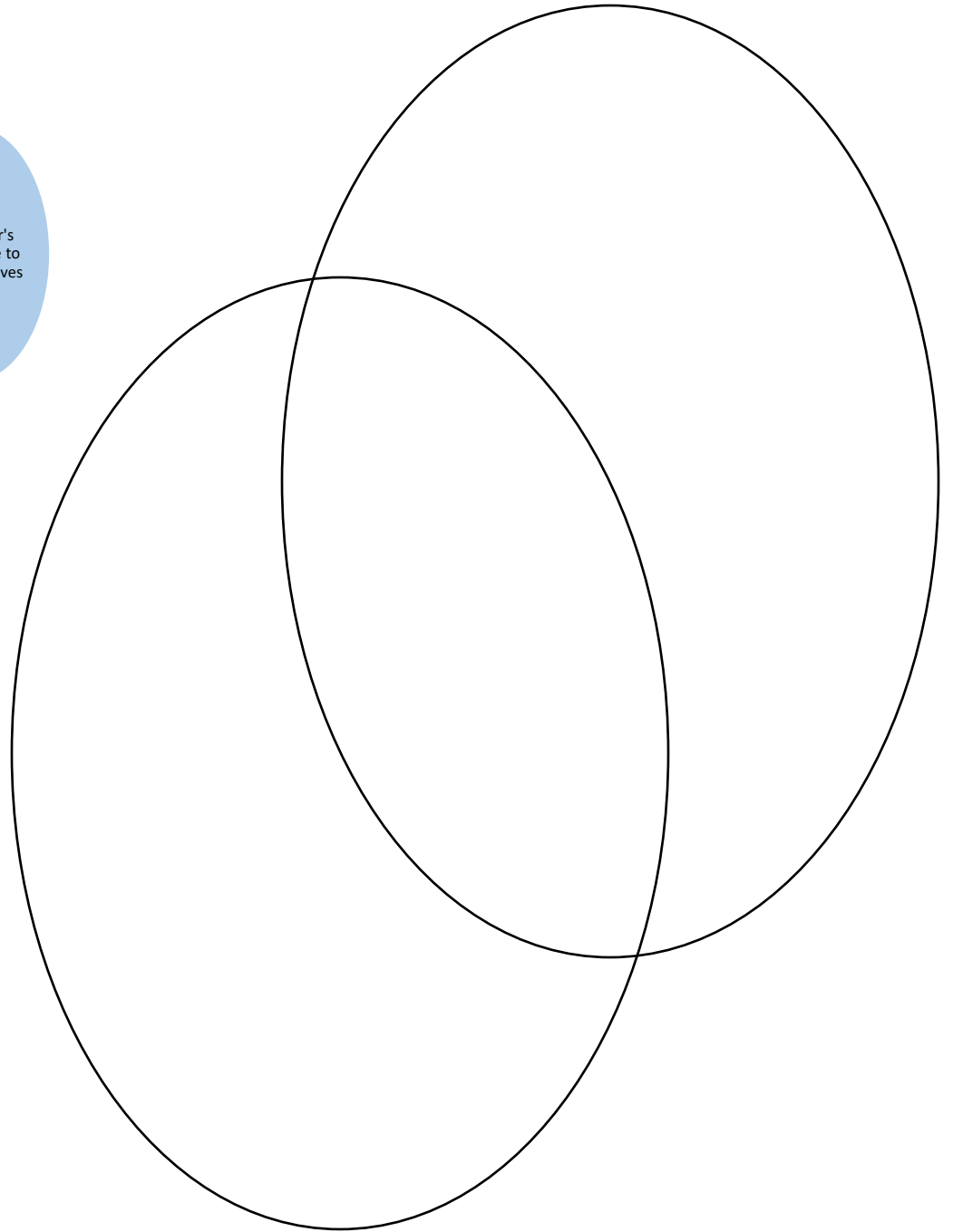
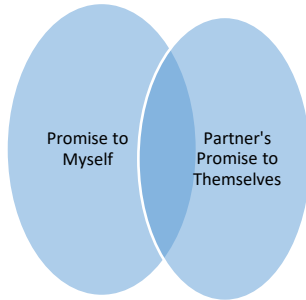
What makes you feel nurtured?

How do you give and receive emotional support?

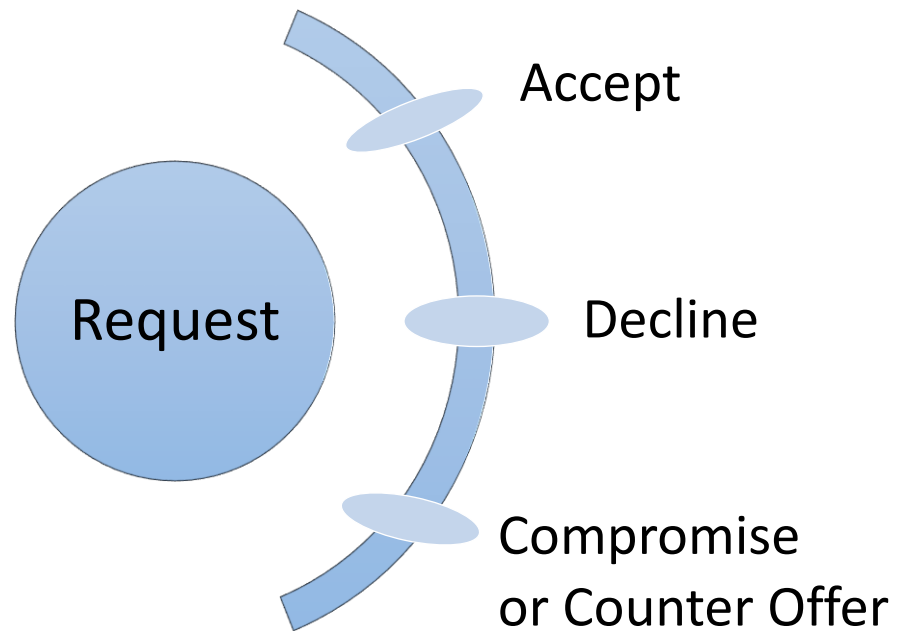
How do you show love?

“Loving someone and pleasing someone are two different things”

~Jerry Jampoliski



"The most important thing in communication is hearing what isn't said." ~Peter Drucker



How do you communicate your needs?

Is your communication clear?

Are you willing to negotiate?

Are you in demand?

What is your intention?

Can you see under your emotions?

Are you masking or compensating?