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Bridging Relationships LLC

# Resource Packet

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# Empowering Yourself

# Understanding Your Emotions

## Primary Emotions (expanded feeling wheel next page)

Joy

- content, loving, trustful, thankful, relaxed, optimistic, proud

Sadness

- guilty, ashamed, lonely, miserable, inadequate, inferior, empty

Anger

- hurt, rage, critical, frustrated, jealous, irritated, skeptical

Fear

- anxious, rejected, insecure, weak, foolish

Disgust

- disappointed, disapproving, embarrassed, hesitant

Surprise

- confused, excited, startled, disillusioned, awe

## Check In Right Now - *How are you feeling right now?*

## Journal Questions - pick one feeling to explore

Where do you feel this emotion in your body? What does it feel like?

What messages did you receive from your family about this emotion (having & expressing?)

How do you cope or manage this emotion?

What other feelings are around when you experience this emotion?

What does it feel like to be vulnerable?

How do you know that someone is safe to be vulnerable with?

When emotions arise, allow them to be there.

It is possible to feel them without being stuck or overwhelmed by them.

Take a deep breath and be compassionate with yourself.

You may also let go of the emotion like a cloud passing in the sky or a leaf floating down the river.



## Self Check In

How are you feeling now?	Thoughts from the day	Events from the day	Tune into your body	Self-Care Check In	Choose One Action
Feeling(s)	About Self	Negative	Jaw	Water	
Rating (1-10)	About Relationship	Neutral	Neck	Food	
Remind you of anything from a past emotion/event?	About Family	Positive	Shoulders	Sleep	
			Chest	Caffeine/Alcohol	
			Stomach	Walk/exercise	
	About Other		Glutes	Interest/hobby	
			Legs	Time outside	
			Feet	Friends/Family	

### Examples

#### Feelings

ex. happy, sad, scared, anxious, mad, ashamed, proud, content (use feeling wheel for more)  
 Many feelings arise during the day and can be more than one at once (similar or conflicting)

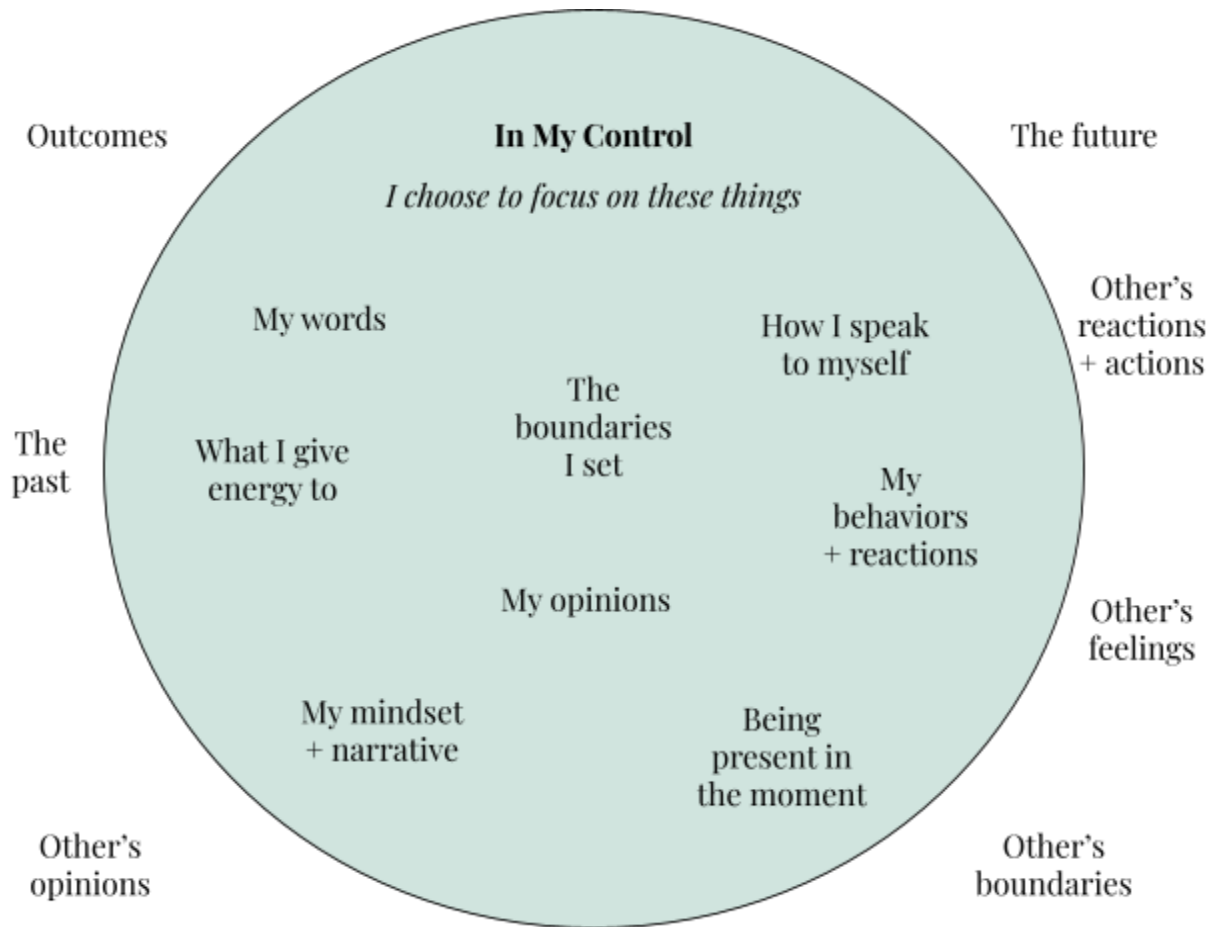
#### Actions (breathing, social interaction, laughter, affection, cry, creative expression)

- Validating statements to allow emotions to come and go like a wave
  - It's okay to feel.... It makes sense to feel this because... This is temporary. I am not alone.
- Take deep breaths
  - 10 deep, slow breaths
  - 4,6,8 breathing (Inhale 4, Hold 6, Exhale 8)
  - Square breathing (Inhale 4, Hold 4, Exhale 4, Rest 4)
- 5 senses grounding activity
  - Look around and identify: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- Progressive Muscle Relaxation - tensing/relaxing legs, back, arms/hands, shoulders, neck, face
- Physical movement - exercise, walk, dance, stretch, etc.
- Connect with someone
- Listen to music
- Listen to a guided meditation - search Calm or Headspace on youtube
- Journal
- Challenge your thoughts - write down a thought. brainstorm what else might be possible
- Practice gratitude - identify 5 specific things you are grateful for right now
- Physical comfort - shower, blanket, candle, etc.

# Circle of Control

## Not In My Control

*I choose to let go of these things*



# Coming to Center

Relationship Grid From Terry Real -

Take the quiz to find out your dynamic defaults: <https://quiz.terryreal.com/quiz/>

## Grandiosity

### Walled Off + One Up

*Passive aggressive  
Indifference  
Not worthy*

### Boundaryless + One Up

*Control  
Anger*

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**Walled Off**  
(Love  
Avoidant)

## HEALTH

**Boundaryless**  
(Love Dependent)

### Walled Off + One Down

*Resignation  
Withdrawal  
Depressed*

### Boundaryless + One Down

*Desperation  
Manipulation*

## Shame

### Self Esteem

- One Up (Grandiosity): contempt outwards, feeling superior, judgmental
- One Down (Shame): contempt inwards, feeling less than, not enough
- Center (Same As): compassion, both humans seeking to understand/grow

### Boundaries

- Armor (Walled Off): take in & let out nothing
- Naked (Boundaryless): take in & let out everything
- Center (Protected & Connected): porous, safe, self-regulated, & intentional

#### *Types of Boundaries:*

- External Layer (Containment): capacity for control over impulses & sharing with others Ex. rage, anxiety, thoughts
- Inner Layer (Protective): ability to choose what you let in from others Ex. opinions, judgments, feelings

Pause for a moment and check in with yourself.

Deep breath and visualize coming to center (being engaged, protected, same level).



# Inner Conflict Cycle

Based on Emotion Focused Therapy - Dr. Sue Johnson

Let's map your cycle like an outside observer or like you are watching a movie.  
Think of a recent argument or maybe an argument you have had over and over again.

→ **Event** (what was the trigger for you):

---

→ **Thought** (what thoughts come to mind/what story are you telling yourself):

---

→ **Surface/Reactive Emotion:**

---

→ **Deeper/Primary Emotion:**

---

→ **Body Reactions** (what happens in your body):

---

→ **Underlying Need:**

---

→ **Behavior** (*what you do/how you respond*):

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What is your perception of the way you interacted with your partner?

---

What is your fear from expressing your deeper emotion/underlying need?

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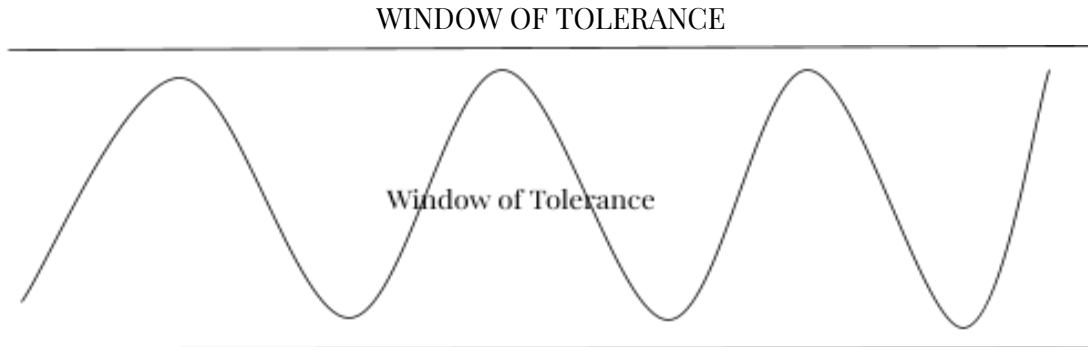
*This cycle continues with every action, each person taking a part in the cycle by how they respond.*

Ways to step outside of the cycle:

- Verbally acknowledge that you are stuck in the cycle
- Express your deeper emotion/underlying need
- Take deep breaths to slow down
- Ask for a pause and set a time to come back together

# Staying Within Your Window of Tolerance

Based on: Dr. Pat Ogden, Dr. Bessel van der Kolk  
More resources if search Window of Tolerance or Polyvagal Theory



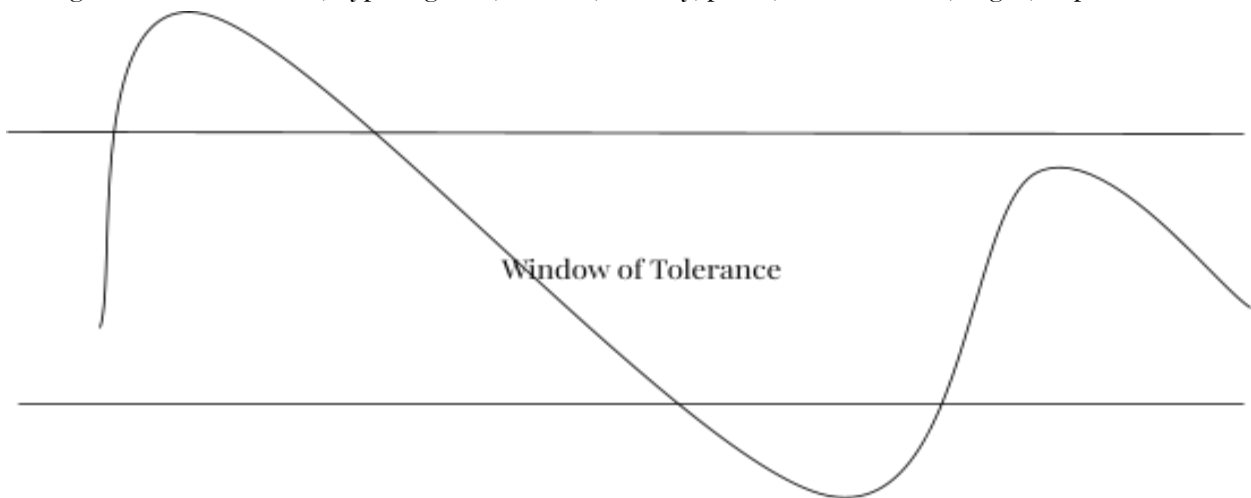
Signs you are within your window of tolerance (prefrontal cortex is activated): present, in control, emotionally regulated (calm/connected), empathy, curious, able to shift, comfort/safe zone  
*Stress/trauma can shrink your window. Mindfulness, self-awareness, and gratitude can widen your window.*

## OUTSIDE OF WINDOW OF TOLERANCE

### Hyperarousal

*Fight/Flight response - Sympathetic system*

Signs: can't calm down, hypervigilant, chaotic, anxiety, panic, overwhelmed, anger, impulsive



### Hypoarousal

*Freeze Response - Parasympathetic system*

Signs: shutting down, not present, auto pilot, numb, frozen, flat, separation, zoned out

## RETURNING TO WINDOW OF TOLERANCE

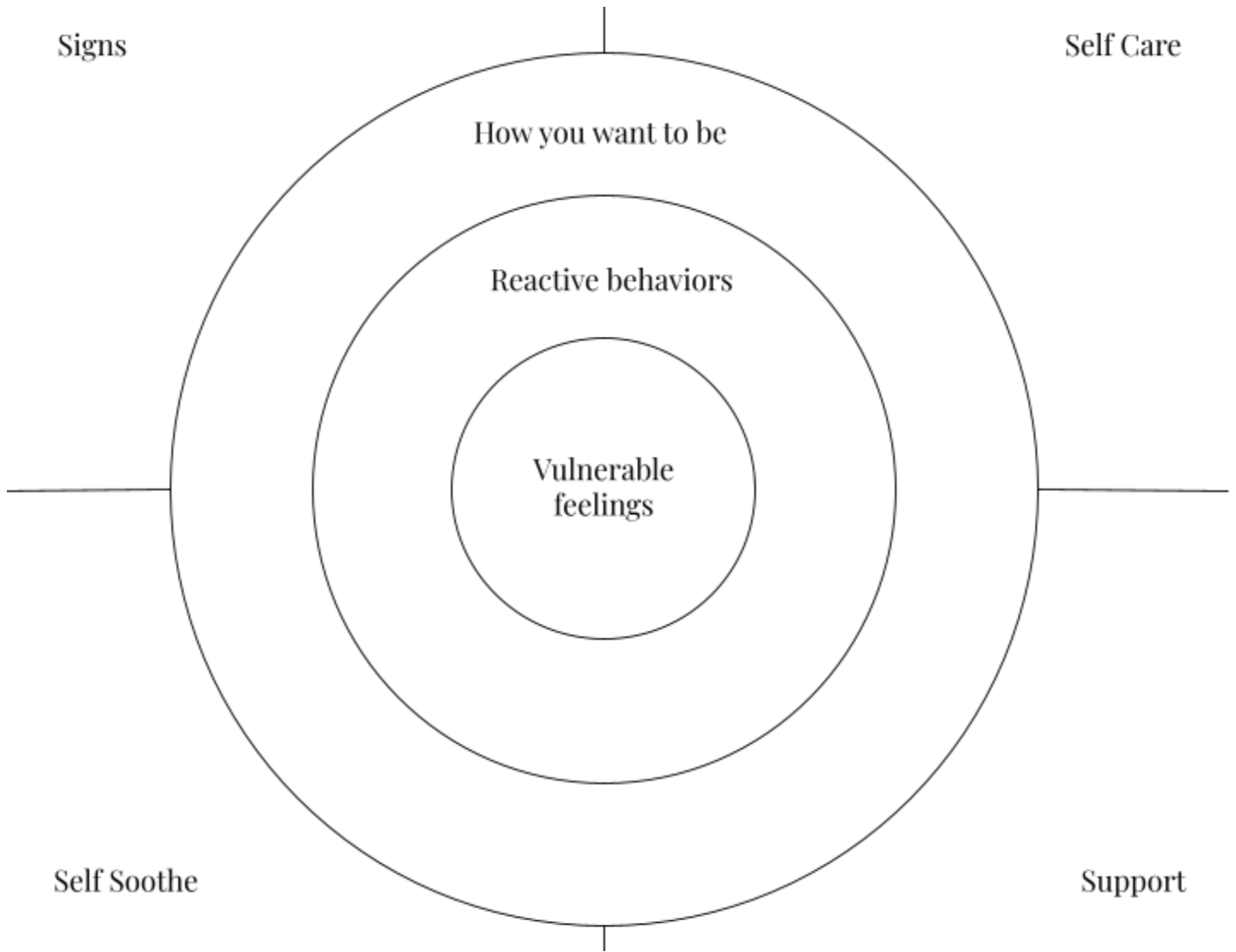
(pause & shift to self-soothe - typically takes 15-20 minutes)

From Hyperarousal: breathing, mindfulness, slowing down, grounding, physical comfort

From Hypoarousal: physical movement, stimulating sensory changes, grounding

# Personal Shifts Map

Based on: Developmental Model by Dr. Ellyn Bader & Dr. Peter Pearson



# Empowering Your Relationship

## Relationship Shifts

From on Terry Real and Gottman Institute

	<b>Sabotaging Strategies</b>	<b>Positive shifts</b>
<b>Terry Real</b>	<p><b>5 Losing Strategies</b></p> <ul style="list-style-type: none"> <li>- Needing to be right</li> <li>- Controlling your partner</li> <li>- Unbridled self-expression</li> <li>- Retaliation</li> <li>- Withdrawal</li> </ul> <p><b>Psychological Boundary Violations</b></p> <ul style="list-style-type: none"> <li>- Yelling and screaming</li> <li>- Name calling</li> <li>- Shaming or humiliating</li> <li>- Telling an adult what he or she should do/think/feel</li> <li>- Making contracts and then breaking them</li> <li>- Lying</li> <li>- Manipulating</li> </ul>	<p><b>5 Winning Strategies</b></p> <ul style="list-style-type: none"> <li>- Shift from complaint to request</li> <li>- Speak to repair with love and respect</li> <li>- Listen with compassion</li> <li>- Empower each other</li> <li>- Cherish each other</li> </ul>
<b>Gottman Institute</b>	<p><b>Four Horsemen of the Apocalypse</b></p> <ul style="list-style-type: none"> <li>- Criticism</li> <li>- Contempt</li> <li>- Defensiveness</li> <li>- Stonewalling</li> </ul>	<p><b>Antidotes</b></p> <ul style="list-style-type: none"> <li>- Gentle start up (I statement)</li> <li>- Build culture of appreciation</li> <li>- Take responsibility</li> <li>- Physiological soothing</li> </ul>

## Being a Loving Listener

Based on New Rules of Marriage by Terry Real

Active Listening Skills	Putting Self Away in the Moment	Joining with Your Partner
<p>Paying attention</p> <ul style="list-style-type: none"> <li>- Look at your partner directly</li> <li>- Be present (put away distractions)</li> <li>- Following along with what they are saying</li> <li>- Attuned to their feelings, body language, etc.</li> </ul> <p>Show that you are listening</p> <ul style="list-style-type: none"> <li>- Nodding</li> <li>- Open posture</li> <li>- Small verbal comments</li> </ul> <p>Explore</p> <ul style="list-style-type: none"> <li>- Reflect/Paraphrase</li> <li>- Ask follow up questions</li> <li>- Clarify what you don't understand</li> </ul>	<p>Take a breath to release and be present</p> <p>Set your intention - listening to understand (being curious and responsive)</p> <p>Identify your goal - partner feels heard, understood, and accepted</p> <p>Listen for their personal meaning and feeling</p> <p>Visualize a mindset</p> <ul style="list-style-type: none"> <li>- Partner with a full balloon - want to ease/release air vs. add more air (advice, comments, examples)</li> </ul> <p>Identify when paying attention to your thoughts/reactions to what they are saying</p> <ul style="list-style-type: none"> <li>- Redirect back to their words - repeating their words in your head</li> </ul>	<p>Reflect/Paraphrase what your partner shared with you</p> <ul style="list-style-type: none"> <li>- "You said..." "What I heard you say was..."</li> </ul> <p>Validate that their feelings or thoughts make sense to you</p> <ul style="list-style-type: none"> <li>- "Of course you would..." "It makes sense that..."</li> </ul> <p>Express empathy for how they are feeling</p> <ul style="list-style-type: none"> <li>- "That sounds..."</li> </ul>

### When Having Difficulty Being a Loving Listener

- Judging your partner or their experience - "shoulds"
- Feeling defensive
- Getting distracted

### Ways to Develop Your Loving Listener skills

- Searching and listening for their personal meaning, story, feeling/pain
- Practice validating your own feelings/thoughts - check in with yourself on how you are feeling.
- Reminding yourself that understanding/validating how your partner feels does not invalidate your experience/feeling. It does not make you bad, wrong, or a failure.
- Practicing self-soothing strategies (grounding senses, deep breaths) + self-care

# Feedback Wheel

From Relational Life Therapy by Terry Real

Do you have something bothering or hurting you? Use this tool to express a specific situation, listen relationally, and empower each other for relational repair.

**Take some deep breaths first and check in with yourself. If not within your window of tolerance, wait to start the feedback wheel or ask for a time-out and practice self-soothing strategies (deep breathing, physical movement, progressive muscle relaxation, music, etc.)**

## 1. Speaker Role

Ask your partner if they are able & willing to listen	<i>You want the best possibility and to set you both up for a successful repair.</i>
(For yourself: <b>Remember love</b> & purpose)	<i>You love them and want a repair.</i>
<p><b>Share</b> these 4 parts of your experience:  <i>If it helps: share some appreciations or acknowledgments first before complaint</i></p> <ol style="list-style-type: none"> <li>1. What you <b>saw/heard</b>              “When I... I saw/heard...”</li>   <li>2. The <b>story/meaning</b> you gave it              “I started to think...”              “I started to believe that...”</li>   <li>3. How you <b>feel</b>              “I feel/felt (feeling word/s)...”</li>   <li>4. <b>Request</b> of what would help you feel better in the moment or what you would like in the future              “I would like...”</li> </ol>	<p><i>Objective, specific, like a videotape              I statements and one complaint at a time              (avoid you, mind-reading, assumptions)</i></p> <p><i>Subjective, personal meaning              Giving benefit of the doubt - your experience              may not be their reality</i></p> <p><i>List any feelings that come up for you:              Joy, Pain, Anger, Fear, Shame, Guilt, Love</i></p> <p><i>Specific requests of what you want them to do              Share positive need - not what NOT to do</i></p>
<b>Let go</b> of outcome	<i>Regardless of their response, you chose to shift the cycle - assertive, concise, &amp; kind</i>

**2. Listener Role**

Attune and be present as the speaker shares - Listening to understand

<p><b>Paraphrase</b> what you heard          “What I heard you say was...” “You feel...”  <b>Clarify</b> that you heard them right + <b>Ask</b> any questions to deepen your understanding          “Is that right? Did I hear you?”</p>	<p><i>Seek to understand the meaning for them and the need underneath</i>  <i>Ask questions to understand more.</i>  <i>Avoid mind-reading, assumptions</i></p>
<p><b>Acknowledge</b> any truth or understanding from what your partner shared          “That makes sense. I can see why you feel... I did...”</p>	<p><i>Validate their feelings or personal experience</i>  <i>Take ownership of any part vs. deny</i></p>
<p><b>Give</b> new action or grant any of the requests that are feasible          “I will...”</p>	<p><i>Be generous and within your limits</i>  <i>State what you can give first</i></p>

**3. Empower Each Other**

Speaker: Appreciates the listener and asks - “How can I help you next time?”

Listener: Request something that supports you in honoring the request

Speaker: Acknowledges what they requested and gives/helps

**Switch?**



# Taking a Pause

Based on New Rules of Marriage by Terry Real

## What is a pause?

Intentional pause when feeling flooded during conflict to protect your relationship

## When to take a pause?

When outside of your window of tolerance, emotionally flooded, need time to think, etc

## How do we take a pause?

1. **Say you want a pause** or use a previously agreed upon signal
2. **Share an explanation** - maybe "I'm outside of my window, overwhelmed, shutting down, need time to think, etc."
3. **Promise a return** to same location and state the time (typically takes 15-20 minutes for your body to regulate) or schedule a later time  
*You could also reassure your partner and say, "I love you. We will figure it out."*
4. **Self-soothe** separately (for agreed upon time before returning)  
If hyperarousal (activated): deep breaths, mindfulness, 5 senses grounding, physical comfort, progressive muscle relaxation  
*Not stewing or planning response for return*  
If hypoarousal (shut down): physical movement, stimulating sensory changes (heat/cold, fan, smooth/rough texture), 5 senses grounding  
*Not distraction or numbing out*  
  
*5 Senses Grounding* - 5 things you SEE, 4 TOUCH, 3 HEAR, 2 SMELL, 1 TASTE  
*Progressive Muscle Relaxation* - tense each area one at a time for a couple seconds and slowly release (lift each leg, arch back, lift shoulders, reach each arm, tighten jaw, squeeze eyes shut)
5. **Return** - repair first, then return to the feedback wheel or just to return together before returning to the topic at a scheduled day/time  
If still not within window of tolerance - still check in at the time, let your partner know, and restate another time to repair  
*Some have found it helpful to not discuss the same topic for 24 hours but to continue to be together, interacting, and enjoying each other.*

## **Repair**

From The Gottman Institute, called Aftermath of a Fight

After a conflict/argument, use this repair to understand and resolve. Take turns on each step.

### **1. Feelings**

Both identify any feeling words you felt during the conflict

### **2. Realities**

Speaker listener roles - speaker describes their experience and listener summarizes/validates the other partner's experience

### **3. Triggers**

Both share what may be coming up from you from the past ex. "This reminds me of"

### **4. Responsibility**

Both share what set you up for the way you reacted + what you regret saying/doing

### **5. Plans**

Both share one one thing you could do differently next time + a specific request for your partner to do next time

## **The Five R's in an Apology**

Based from The Gottman Institute

When you have done something hurtful or your partner shares feeling hurt, take ownership and accountability for your part of the interaction. If a part of you is saying, “well, I did X because they did Y,” pause and consider you only have control over your actions and how you want to be as a partner. You can take accountability for your part AND express your shared hurt in the interaction after the apology.

### **1. Responsibility**

*For Specific Action/Behavior:* “I take full responsibility for...”

*For Hurt Caused:* “I know that by (action), it probably left you feeling (hurt, alone, etc).”

### **2. Remorse/Regret**

“I hate that I hurt you. I wish I could go back and do things differently. If I could take it back, I would in a heartbeat.”

### **3. Repent/Plan**

“In the future, I will ... to prevent this from ever happening again.”

### **4. Restitution**

“How can I make it up to you?” Maybe offer suggestions.

### **5. Request Forgiveness**

“Do you think you can forgive me?”

## Maintaining Your Connection

The Gottman Institute [www.gottman.com](http://www.gottman.com)

- **5:1 Ratio** 5 Positive Interactions to 1 Negative Interaction
  - Ex. of positive interactions: compliments, appreciations, gratitude, physical touch, dates, being present, doing something for your partner, dreaming together, sharing about your day, talking, etc.
  - Ex. of negative interactions: criticism, ignoring, conflict, etc.
  
- **Small things often** The small things have a more lasting impact than big items/actions.
  - **Playfulness**  
Having fun together, developing shared interests, flirting
  - **The way you look at each other**  
In random moments, conversations, and conflict
  - **Thinking what I can do (rather than what I want my partner to do)**  
What small thing could you do right now to express love to your partner and pursue an environment of kindness?
  
- **Having shared activities** and expressing support and/or interest for each other's personal interests
  
- **Sharing your honest thoughts, feelings, dreams/fears** with partner
  - Being open to hear** what you don't want to hear, seek to understand, & ask questions
  - Ex. *"I want X and am concerned/afraid of how that will impact you/see me. Could we discuss it?"*
  
- **Team mentality** Encourage, support, ask for help, make requests.  
You are building this path and relationship together.
  
- **Attitude of gratitude** Notice what is going well in your relationship/life, acknowledge each other's efforts, and share your appreciations/gratitude
  
- **Bids For Connection**  
*Bid for connection* = reaching out to connect to your partner (verbally or nonverbally)  
ex. "Can you come in here for a minute?" "Check out that view" "I'm stressed" pats on the couch next to them, etc.
  - **Turning Towards a Bid** = responding positively and connecting with them verbally or nonverbally
  - **Turning Away from a Bid** = ignoring, mm-hmm while still looking at phone, silence
  - **Turning Against a Bid** = responding negatively/critically and disengaging with partner verbally or nonverbally

→ **Intimacy Inventory**

Created by Terrence Real, Relational Life Therapy

The continuum of each partner sending + receiving in each area:

***Intellectual Intimacy:*** non-judgmental sharing of ideas

***Emotional Intimacy:*** expression of primary emotions and compassion

***Physical Intimacy:*** physical affection and physical care

***Sexual Intimacy:*** open expression and desires

***Spiritual Intimacy:*** purpose, meaning, faith

→ **Discover Your Own and Speak Your Partner's Love Languages**

Created by Dr. Gary Chapman [www.5lovelanguages.com](http://www.5lovelanguages.com)

Online Quiz: <https://www.5lovelanguages.com/quizzes/>

***Words of Affirmation***

compliments, appreciations, encouragements, apology, requests, honesty

***Quality Time***

time together, attention/being present, shared activities, seek to understand

***Receiving Gifts***

tangible items - flowers, notes, yourself, food, surprises

***Acts of Service***

brewing coffee, cleaning, shopping, planning for, thinking ahead

***Physical Touch***

holding hands, long hugs, kissing, back rubs, hair, sitting close, sex

# Relational Check Ins/Tune Ups

Based on The Gottman Institute and Terry Real

Weekly Day/Time: \_\_\_\_\_ at \_\_\_\_\_ AM/PM (30 minutes - 1 hour)

Location:

(quiet place with no/limited distractions, make it different than routine)

## 1. Appreciations/Relational Wins

- Each share 3 things your partner did over the past week that you appreciate (be specific and explain why it was meaningful to you)
- Each share a relational win as a couple that happened over the past week

## 2. Mini Family Management Meeting

- Schedules (work, events, activities, kids, date night)
- Chores/Tasks
- Upcoming Decisions
- Financial (once a month) - check in about budget + updates/goals

## 3. Feedback Wheel

Each share lingering disagreements, hurt, or dissatisfaction from this past week

Speaker Role (*remember love, be specific, focus on one event/issue, be aware of any triggers*)

1. "I noticed..."
2. "I started to believe..." or "It meant to me that..."
3. "I feel/felt..." (can name multiple feelings)
4. "I would like..." (in the moment or next time)

Listener Role (*think to self: "I am seeking to understand their inner world"*)

1. "I heard you say you noticed... You started to believe... You felt... You would like..."
2. Check in - "Did I hear you right?"
3. "It makes sense to me that you would feel...and think...because..."

(Slow down or take a pause at any point if getting out of window of tolerance + self-soothe)

## 4. Set Next Week's Intention

Plan for the next week on what to continue or do differently "What can I do next week to make you feel more loved?"

### ***Extra Step:***

Do an activity together or ask each other open ended questions

Ex. What has been on your mind lately? What do you enjoy most about our relationship? Finish the sentence: "I wish we..."

## Relationship Conversation Topics

### Love

- How do we express our love to each other? When do you feel the most loved?
- How do you think our love will change in our relationship? How has it changed already?
- What do you hope we never lose in our relationship?
- What do you think is the best way to keep our love alive?

### Fun

- How would you spend an ideal work day, weekend day, and time off?
- What is your comfortable amount of time spent together and time spent apart (work and personal time) in the day/week?
- How often would you like to spend with friends (together and individually)?
- What does quality time together mean to you?

### Emotions

- How do you view emotions? How were emotions talked about/managed in your family?
- What are your go to coping strategies?
- How do you process through difficult emotions?
- How would you like me to support you during difficult emotions?
- What are your biggest personal triggers that lead to you feeling hurt, sad, shame, etc.?
- What is your response to uncertainty and change?

### Stress

- What is causing you stress currently?
- What are your biggest pet peeves?
- What are ways that you lower your overall stress levels? How can we prioritize them?
- What supports you when you are feeling overwhelmed?

### Conflict

- What is your ideal way for us to handle disagreements?
- What were conflicts like in your family? (siblings, with or between parents)
- What is off-limits within our disagreements or arguments?
- How do you feel about pausing to “go to sleep angry/unresolved” or do we stay up?
- Would you be willing to reach out to couples therapy?
- Do you have any deal breakers?
- Would you ever consider divorce?
- What do you consider “cheating” or “betrayal” (small and big)?

### Repairs

- What would your ideal repair look like in our relationship?
- What were repairs like in your family?

- How do we want to reach out to each other when feeling disconnected?
- What helps us feel safe and secure in our relationship, even in disagreement?

### **Goals**

- What does your dream career look like?
- Where do you want to live? Would you relocate or be open to moving?
- What do you hope to achieve or do in your lifetime (bucket list items)?

### **Finances**

- What does money mean to you? What were finances like/talked about in family?
- What is your current financial situation (salary, debt, savings, investments)?
- What is your strategy for tracking spending/saving?
- What do we spend our savings on? What are you currently saving for?
- How much is a comfortable amount to have in savings right now?
- How would we like to manage our financial accounts? (joint, private, a mix)
- Is there an amount of money to discuss prior to making a purchase?
- How important is charity and giving to you right now?
- How often should we talk about money?
- Do you have any financial fears?

### **Family**

- How often would you like to speak with and spend time with family? How often as a couple?
- Are there any family events that are very important for you or us to attend?
- How would we handle it if there becomes a disagreement between me and your family?
- How do you envision us supporting our parents as they grow older?

### **Children**

- Do you want kids? If so, how many kids do you want? When do you want them? How far apart?
- What values do you want to instill in your children?
- What kind of life do you imagine in that phase of our lives?
- Would you be willing to adopt or choose IVF if we have difficulty or cannot have children?
- How involved do we want our parents to be? What would the ideal involvement look like?
- What type of parent do you want to be?
- What would/do you discipline as a parent? How do we parent together as a united front?
- How would we like to handle day to day and big decisions?



**Values**

- What do you value in relationships and in life?
- What does marriage mean to you?
- What do you believe are the roles of a husband or wife?
- What are your political views/values?

**Sex**

- What does sex mean for you?
- What do you like and dislike during sex?
- What does “foreplay” mean to you?
- How do we initiate sex? How do we turn down sex?
- How should we share if we are ever sexually dissatisfied?
- How do you view pornography?
- How do you view masturbation?
- Do we use any form of contraceptives? Whose responsibility is it?

**Religion**

- What is your faith and how important is your religion to you?
- What holidays are important for you to celebrate? What do you hope these holidays look like?
- If you had children, how would religion play a part in raising them?

**Health**

- How much do you value personal health (physical + mental health)?
- What are your personal goals regarding your personal health? How can we support each other?
- What are the main concerns in your medical family history?
- What is your willingness to exercise or change your diet to support any health goals/changes?

## Managing Our Life Together

1. Each complete first chart separately + share responses with partner
2. Complete the “Our Home Management Plan” together (reference and update)

Tasks	Mine	Yours	My Ideal Frequency + Quality	Your Ideal Frequency + Quality
<b>Cleaning</b>				
Picking Up				
Making Bed				
Cleaning the Bathroom				
Cleaning the Kitchen				
Dusting + Vacuuming				
Laundry <i>Wash/Fold</i>				
Trash <i>Empty/TakeOut</i>				
Deep Clean				
<b>Upkeep/Home</b>				
Mail				
Tidying/ Organizing				
Decorating				
Home Items				
Home Repair				
Car				
Plants + Yard				
<b>Food Prep</b>				
Meal Planning				
Grocery Shopping				
Cooking				

<i>Weekday/end</i>				
Dishes				
<b>Planning</b>				
Calendar				
Weekend Plan				
Social Plans				
Hosting Prep				
VacationPlans				
Holiday Plans				
<b>Financial</b>				
Budget				
Paying Bills				
Insurance				
Taxes				
<b>Pets</b>				
Cleaning Area				
Feeding				
Ordering Food/Stuff				
Vet/Medical				
<b>Kids</b>				
Morning Rou.				
Bedtime Rou.				
Childcare				
Activities				
School				
Shopping				
Medical				

## Our Home Management Plan

Tasks	Who?	Frequency/Quality	Tasks	Who?	Frequency/Quality
<b>Cleaning</b>			Weekend Plans		
Picking/Tidying Up			Social Plans		
Making the Bed			Hosting Prep		
Cleaning Bathroom			Vacation Plans		
Cleaning Kitchen			Holiday Plans		
Dusting/Vacuuming			<b>Financial</b>		
Laundry			Budget		
Trash			Paying Bills		
Deep Cleaning			Insurance		
<b>Upkeep/Home</b>			Taxes		
Mail			<b>Pets</b>		
Tidying/Organizing			Cleaning Area		
Decorating			Feeding		
Home Items			Food/Stuff		
Home Repair			Vet/Medical		
Car			<b>Kids</b>		
Plants + Yard			Morning Rou.		
<b>Food Prep</b>			Bedtime Rou.		
Meal Planning			Childcare		
Grocery Shopping			Activities		
Cooking			School		
Dishes			Shopping		
<b>Planning</b>			Medical		
Calendar					

## Small Shifts To Do If...

**Feeling hurt, unheard, or something bothered you** - use feedback wheel

**Feedback wheel not working** - honestly both in window of tolerance, one specific complaint/request at a time, paraphrasing/validating first, maybe add an appreciation or acknowledgment of your part if partner has difficulty not hearing it as criticism

**Wanting your partner to change their behavior** - circle of control & personal shifts map first then use feedback wheel for a change request

**Having trouble identifying or expressing your feelings/needs** -

Feelings: feeling wheel + understanding your feelings

Needs: what do you not like? why? what would you like instead? possible?/find what is, make a request, what holds you back from sharing and what might help you feel safer to do so?

**Pause isn't working** - because not taking when need to, not able to separate (call out the dynamic "we are stuck - let's revisit later", not returning after 20 minutes, returning too early (did not use self soothing and still focused on you hurt me vs I want to understand/help us move forward), jumping back into the content before repairing the recent interaction first

**Small window of tolerance** - personal shifts map, practice slowing breathing/deep breaths through the day or short meditations, routine of identifying appreciations/gratitude for yourself and towards your partner, self-care (sleep, food, movement, connection/joy)

**Wanting to build habits or be intentional** - set SMART goals, attach to what you already do, set reminders/accountability, remind yourself of your why/reason, check in with partner for feedback regularly

**Feeling disconnected** - balance of individual self care activities and shared activities/interest in each other's interests. (Maybe also balance of either passive vs active time together or alone time together vs. time with a group), 5:1 ratio, daily appreciations, love languages, discussion questions, date night, bring in fun/silliness/playfulness

**Stuck in differences (different, not wrong)** - releasing judgment deepen understanding of the why behind yours and your partners, separate core needs and flexible areas, identify what you both are aligned on/value, remember ultimately a team of two different individuals and finding a solution that works for both of you

**Not on the same page** - weekly check in, home management plan, discussion questions

**Still stuck and skills not working** - follow up for a couples therapy check in

## Additional Resources

### Bridging Relationships

Website: [www.bridgingrelationships.com](http://www.bridgingrelationships.com)

Email: [abby@bridgingrelationships.com](mailto:abby@bridgingrelationships.com)

*More resources/blogs*

### Relationship Books/Resources

[The New Rules of Marriage](#) by Terry Real

[Seven Principles for Making Marriage Work](#) by Drs. John + Julie Gottman

[Getting the Love You Want](#) - Dr. Harville Hendrix

[Hold Me Tight](#) by Dr. Sue Johnson

[Eight Dates](#) by Drs. John + Julie Gottman

[The Five Love Languages](#) by Dr. Gary Chapman

[How Can I Get Through To You](#) by Terry Real

[Wired for Love](#) - Dr. Stan Tatkin

[Fair Play Cards](https://www.fairplaylife.com/the-cards/cpe) <https://www.fairplaylife.com/the-cards/cpe>