



THE
POWER
of
EMOTIONAL
CONNECTION

the
WISDOM *podcast*

RELATIONSHIP Rx

3 QUESTIONS TO REFLECT AND RECONNECT

RELATIONSHIP Rx

AN EXERCISE IN REFLECTIVE RECONNECTION

THIS INTROSPECTIVE JOURNALING EXERCISE IS ADAPTED FROM THE PRACTICE OF NAIKAN IN JAPANESE BUDDHISM. HELPS TO PROMOTE REFLECTION, RECOGNITION AND TO AMPLIFY YOUR EXPERIENCE OF GRATITUDE IN YOUR LOVE RELATIONSHIP.

PRACTICAL WISDOM

RELATIONSHIP Rx

AN EXERCISE IN REFLECTIVE RECONNECTION

THE AIM OF THIS EXERCISE IS TO FOSTER GREATER EMOTIONAL CONNECTION THROUGH THE PROCESS OF REFLECTION AND RECOGNITION; OF BEING ATTUNED TO HOW MUCH YOU ACTUALLY GIVE AND RECEIVE EACH DAY; TO CULTIVATE APPRECIATION OF YOUR PARTNER AND YOUR DESIRE TO NURTURE, CARE FOR AND SUPPORT ONE ANOTHER. USING THIS REFLECTIVE PRACTICE DAILY, HELPS TO HEIGHTEN YOUR AWARENESS AND PERSPECTIVE OF HOW MUCH YOU RECEIVE AND IN TURN, GIVE TO EACH OTHER, EACH DAY.

PRACTICAL WISDOM

WHAT HAVE I RECEIVED?

WHAT CARE, SUPPORT OR ATTENTION DID I RECEIVE FROM MY PARTNER? DID THEY BOOST MY SELF-CONFIDENCE THROUGH KIND WORDS, MAKE ME BREAKFAST, DRIVE ME TO WORK? THINKING BACK OVER THE PAST 24 HOURS, LIST EVERYTHING THAT YOU HAVE RECEIVED FROM YOUR PARTNER.



WHAT HAVE I GIVEN MY PARTNER?

WHAT NURTURING OR CARE OR ATTENTION HAVE I OFFERED TO THEM?

(FOR EXAMPLE, A BACK RUB, EXPRESSING MY APPRECIATION FOR SOMETHING, ASKING THEM ABOUT THEIR DAY, MAKING DINNER FOR US, LIST EVERYTHING THAT HAS BEEN A POSITIVE AND KIND ACTION TOWARDS YOUR PARTNER DURING THE LAST 24 HOURS.)



WHAT TROUBLE OR DIFFICULTY HAVE YOU CAUSED?

REFLECT ON THE WAYS IN WHICH YOU MAY HAVE CAUSED CONFLICT OR HURT TO YOUR PARTNER
(INADVERTENTLY OR DELIBERATELY) FOR EXAMPLE, PERHAPS YOU CARELESSLY SNAPPED AT THEM IN THE MORNING,
POINTED OUT SOMETHING IN A NEGATIVE WAY, OR CRITICIZED THEM?

