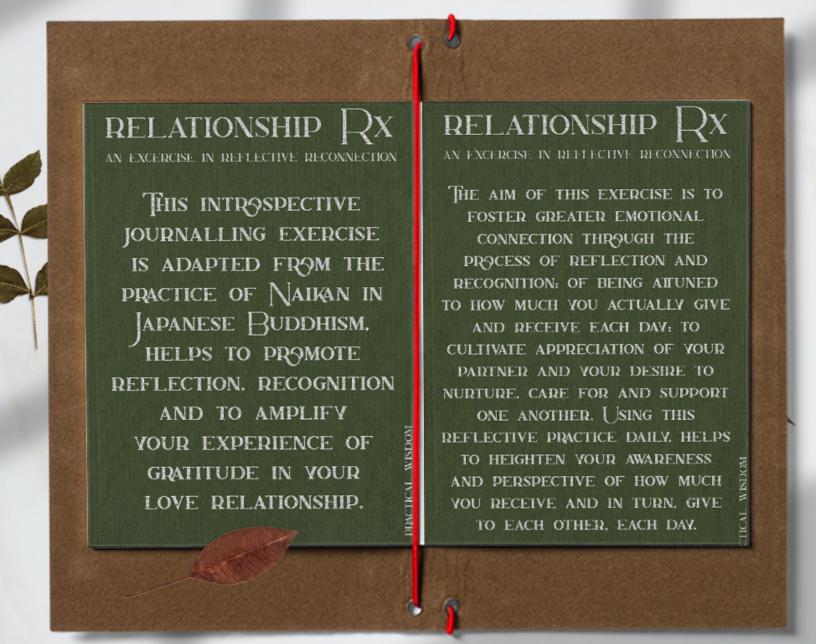


The WISDOM podcast



# RELATIONSHIP X

3 QUESTIONS TO REFLECT AND RECONNECT



## WHAT HAVE | RECEIVED?

WHAT CARE, SUPPORT OR ATTENTION DID | 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.



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### WHAT HAVE | GIVEN MY PARTNER?

#### WHAT NURTURING OR CARE OR ATTENTION HAVE | 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?



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