

Build Intimacy and Great Communication Skills in Just 20 Days!

Instructions: As each partner speaks about the day's topic, the other: 1) mirrors ("If I got it . . .") 2) checks it out ("Did I get you?"), 3) asks for more ("Is there more?"), 4) validates ("You make sense because . . .") and finally, 5) empathizes ("I can imagine you feel/felt . . ."). Switch roles and repeat.

Day	Date	Topic	Done?
1		"Something I appreciate about you is ..."	
2		"Something I like about us as a couple is..."	
3		"A 'thumbs up' (positive) from today was..." & "A 'thumbs down' was..." *	
4		"If I won the lottery, I would buy <i>you</i> ..." "Something I'd buy <i>myself</i> would be..."	
5		"One of my fondest childhood memories is..." & "A favorite past time or toy was..."	
6		"I felt hurt/disappointed as a child when..." & "How I dealt with that was..."	
7		"Something you do that helps me feel close to you is..."	
8		"Growing up, one thing I like about my mom was..." "One thing I disliked about her was..."	
9		"Growing up, one thing I like about my dad was..." "One thing I disliked about him was..."	
10		"A special memory from our relationship is the time..."	
11		"A way you can help me (stay calm during) or (bring up) difficult talks is..."	
12		"A way I can help <i>myself</i> (stay calm during) or (bring up) difficult talks is..."	
13		"I love it when we..." & "When this happens, I feel..."	
14		"If I could change anything about myself one thing I would change would be..."	
15		"One thing I <i>like</i> about you is..." & "One thing I'd like to see <i>more of</i> in you is..." **	
16		"Some thoughts/feelings I've had about yesterday's dialogue are..."	
17		"Something I sometimes criticize in you but also do myself is..."	
18		"Intimacy to me is..." & "A way I think we could become <i>more</i> intimate is..."	
19		"Three things I find very romantic are..."	
20		"What I have learned from this exercise is..." & "In the future, I hope we will..."	

* 3: NOT about your partner or relationship!

** 15: Picture what you would like to see "*less*" of, then transform that into what you want "*more*" of.

from Barbara Reichlin

