

Shared Vision of the Relationship

Ask each partner to complete a worksheet itemizing the vision, starting with the word “We” followed by present-tense descriptions such as, “We are financially secure” or “We take walks together three times a week.” Identifying *specific* goals and actions is especially important for these couples. Ask them to read aloud their worksheets.

Take-home exercise: Ask the couple to co-create “Our Dream Relationship.” They should post this shared vision centrally and review it monthly as they progress toward their goals.