

VALUES GAP IN RELATIONSHIPS

Imagine that you woke up tomorrow and a miracle had happened and your partner suddenly turned into your perfect “soul mate” with no faults at all, no annoying habits, always there for you, able to meet your every need, want, and desire.

If that happened, then how would you change?

Please take your time to seriously consider this and write your answers below.

WHAT WOULD YOU STOP, START, DO MORE OF AND LESS OF?

WHAT SORT OF PARTNER WOULD YOU TRY TO BECOME?

WHAT ATTITUDE WOULD YOU CULTIVATE TOWARDS YOUR PARTNER?

HOW WOULD YOU SPEAK TO YOUR PARTNER WHEN YOU WANTED SOMETHING?

HOW WOULD YOU RESPOND TO YOUR PARTNER WHEN THEY WERE IN PAIN?

HOW WOULD YOU TREAT YOUR PARTNER WHEN THEY MADE A MISTAKE OR SCREWED UP?

IS THERE A GAP BETWEEN THE WAY YOU'D IDEALLY LIKE TO BEHAVE AS A PARTNER AND THE WAY THAT YOU ACTUALLY ARE BEHAVING NOW? WHAT IS STOPPING YOU FROM LIVING BY YOUR VALUES RIGHT NOW?