

Marriage Enrichment Exercise

An invitation to risk being real

The goal of this exercise is to know your partner (and probably yourself!) better. **It is an invitation to risk being real.**

1. Read the article on Being Real (in the News section of the Better Marriages Australia website) in preparation for this exercise.

2. Agree on a topic to explore together and set aside an hour or more for extensive sharing. **Remember that the intention is to discover your partner's thoughts and feelings on the topic you choose by giving them plenty of time to reflect and disclose.**

3. The partner who supports by reflective (active) listening first, should **get their turn to share half- way through the allotted time-** unless you both decide to do this on another occasion.

4. If you know how to facilitate by asking open ended questions feel free to do this but **let the "speaker" determine the pace and direction of the sharing.** Asking questions because you are curious may be OK but keep them to a minimum.

5. **Be sure to affirm each other at the end of the process.** "Being real" can be risky and require a lot of emotional energy. "Being real" with each other is a precious gift which needs to be acknowledged.