



## COUPLE COUNSELLING – RELATIONSHIP VISION

Time: ~60 min  
Purpose: This exercise will help you see the potential in your relationship  
Comment: Do this exercise together

### Directions:

1. Take a sheet of paper each. Work separately. Write short sentences describing your personal vision of a deeply satisfying relationship. Include qualities you already have and want to keep and qualities you wish you had. Write each sentence in the present tense, as if it were already happening. For example: 'We have fun together.' Make all positive statements. Write 'We settle our differences peacefully' rather than 'We don't fight.'
2. Share your sentences. Note items in common and underline them. (It doesn't matter if you have used different words, as long as the general idea is the same.) If your partner has written sentences that you agree with but did not think of yourself, add them to the list. For the moment, ignore the items that are not shared.
3. Now turn to your own expanded list and rank each sentence (including the ones that are not shared) with a number from 1 to 5 according to its importance to you, with 1 indicating "very important" and 5 indicating "not so important".
4. Circle the two items that are most important to you.
5. Put a check mark beside those items that you think would be most difficult for the two of you to achieve.
6. Now work *together* to design a mutual relationship vision similar to the following example (see next page). Start with the items that you both agree are most important. Put a check mark by those items that you both agree would be difficult to achieve. At the bottom of the list, write the items that are relatively unimportant. If you have items that are a source of conflict between you, see if you can come up with a compromise statement that satisfies both of you. If not, leave the item off your combined list.
7. Post this list where you can see it daily. Read it aloud to yourself daily. At least once a week read it aloud to each other. Bring it to the sessions.

## Our Relationship Vision

Bill		Jenny	
1	We have fun together.	1	
1	We settle our differences peacefully	1	
1	We have satisfying and beautiful sex.	1	
1	We are healthy and physically active.	1	
1	We communicate easily and openly.	1	✓
1	We worship together.	1	
1	We are each other's best friend.	1	
1	We have secure and happy children.	1	
2	We trust each other.	1	
1	We are sexually faithful.	1	
2	We both have satisfying careers.	2	✓
2	We work well together as parents.	1	
2	We share important decisions.	2	
2	We meet each other's deepest needs.	2	
3	We have daily private time.	4	
3	We feel safe with each other.	2	
3	We are financially secure.	4	✓
4	We live close to our parents.	5	✓
5	We have similar political views.	3	

(Extracts taken from 'Getting the love you want – conscious marriage' by Harville Hendrix.)

*When in doubt... love!*