



TTC Video 3:

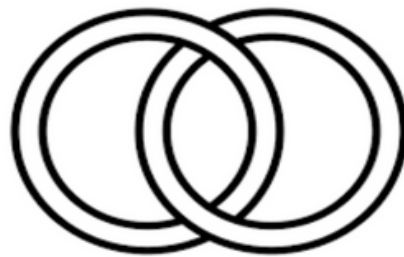


RECONNECTING OUTSIDE OF THE BEDROOM SUGGESTED EXERCISES AND RECOMMENDED RESOURCES

Exercises:

#1: 3 circle analogy- you, your partner, your relationship.

Terminology is a little dated, but easy to read and jam-packed with information for understanding anatomy, building pleasure and enhancing sex life.



Questions to consider:

- What do you need to feel grounded, centered, looked after? And likewise, what does your partner need in this respect?
- Ask yourselves- am I taking time to connect with what's important to me? And am I taking time to connect what's important to you? Are we allowing each other the time to refill our own cups?
- What did you enjoy doing the most when you first started dating?
- What was it that got you together?
- What are some of your favourite shared memories- and what were the values in these experiences that made them feel special?
- On a scale of 1-10 are these values being prioritised today?
- What are some immediate actions you could take today to start closing the gap?

#2 Reflection on your experiences with loss and dream setting for the future

Take a piece of paper and draw two columns. At the top of one column, write what have I/ we internalized and on the other, what I/ we want to believe.

You will each have different things to contribute here, just add everything and combine them.

Reflect on the first column and talk or journal about how true or untrue these are for you.

Then perform a little ritual like burning the page and seeing it disappear.

Allow space for any and all emotions to surface. All are welcome.

#3 Creating a 'Relationship Commitment'

The future is unknown, but what we can do is clarify our intentions for our relationship and commitment to what.

First part- what are your dreams for your relationship and lives together?

Second part- What can you promise, commit to and incorporate in the next few months?

Recommended Resources:

- Love Languages by Gary Chapman