



A BETTER LOVE.  
A BETTER LIFE.

# A RELATIONSHIP VISION

## THE BIG PICTURE

ADAPTED FROM THE COUPLES INSTITUTE

In this exercise, you will need to look inward. It is not intuitive to do this. We want to look outward because we think our partner is the source of our pain. Our default position is to spin things so it's not our 'fault'.

In so doing, we avoid looking at ourselves and miss opportunities to know and heal ourselves and our pain. We also never learn to express ourselves honestly, cleanly and transparently to our partners. So, it's time now to look at self only; to get clear about what you want and to express it clearly so you can grow towards the kind of relationship partner you want to be.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

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1. What kind of relationship do you want to be in? What is your vision. Why are you in this relationship? What is this relationship for? What would you be feeling in this relationship? What would you be doing?
2. What will be required of you to make that happen?
3. The BARRIERS I bring to creating the relationship I desire:
4. Things I will have to change about myself in order to create the relationship I have described:
5. The reasons it won't be easy for me to make these personal changes:  
What will get in your way of making these changes?



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6. The hardest change I will have to make in myself is:

7. What is your level of motivation to do what is required of you – from 1 to 100?

8. What are some milestones (specific, measurable, attainable, realistic and timely) that will let you know YOU are in alignment with what is required of you and how you aspire to be?

9. What habits, attitudes and emotions will be important for you to release in order to become the partner you aspire to be?

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