




Vulnerability

The exercise for today is to hold a 10-minute meeting with each other. Spend the time sharing thoughts and feelings that you are holding in. The space is to share and support. Not to judge and criticize. This exercise can give your relationship a foundation of trust.

Instructions:

Step 1: Create rules that both agree to follow during the exercise. Remember, this exercise aims to give you space to lower your defensive walls and practice vulnerability. Below are common rules:

- Agree to not use information shared to attack each other.
 - Agree to listen without interruption.
 - Agree to show respect and kindness.
 - Agree to express gratitude.
 - Agree to give compassion and support.
 - Agree to listen.
 - Agree to remove judgment and criticism.
 - Agree to exit the exercise with the focus on continuing to give love and kindness to each other.
 - Agree to finish in 10 minutes.
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Step 2: Play one round of paper-rock scissors. The winner goes second.

Step 3: Start the timer for 10 minutes.

Step 4: Start by using the space to share your thoughts and feelings. This is the space to let out what you are holding in.

- You know you are doing it right when you do not feel that you are walking on eggshells.
 - You know that you are doing it right when you see the space in your relationship as a safe place.
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Step 5: Below are questions that you can explore together:

- One thought that I haven't shared with you this week is...
 - One feeling that I haven't shared with you this week is...
 - One experience in life that continues to impact me is...
 - I feel safe to share with you when you...
 - What helps me decompress is...
 - When we argue I feel...
 - I am most proud of you when...
 - One way you have helped me grow in life is...
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