

Water Your Plant

The exercise for today is to consider your relationship as a plant. The plant needs water, soil, and lots of sunlight to grow. I want you to give your relationship just that.

Relationships are like plants. If you properly care for the plant, it will in return grow.

If you deprive it, please know that just like the plant it too will slowly perish.

Use this as a point of reference. Aim to do the work. To water your plant.

Instructions:

Step 1: Relationships have varying plants. I want you to think about the key pillars of a healthy relationship. Common pillars include:

- Trust
- Communication
- Respect
- Time Together
- Intimacy



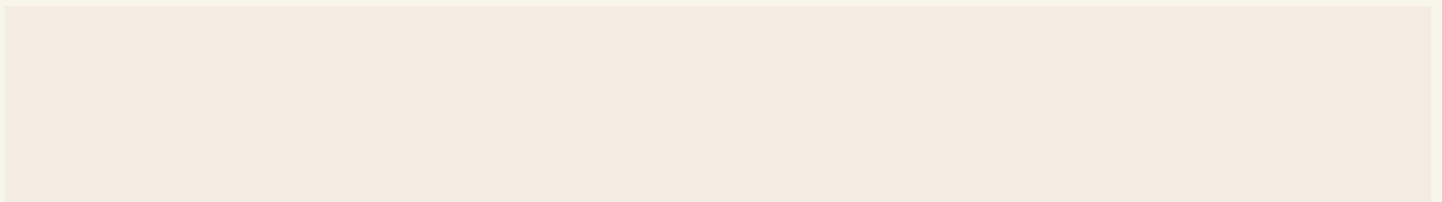
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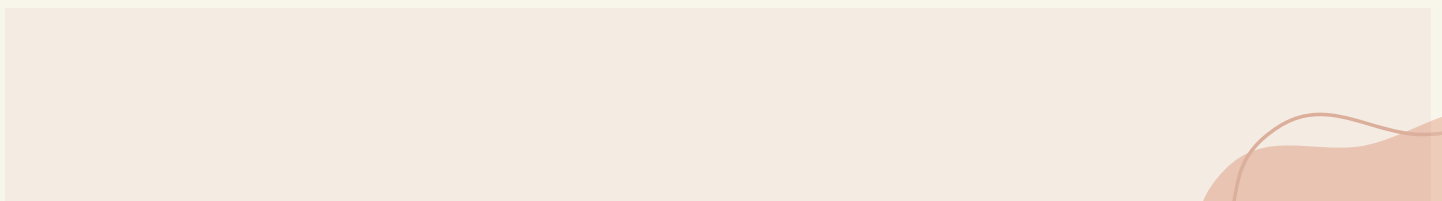
Step 2: Agree on one pillar of the relationship that both find simple to talk about and work on. This pillar will be the plant that both will water.

Step 3: Independently write down ways to nourish the pillar (plant):

Partner A:



Partner B:





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Step 4: Share with your partner your response.
Use this space to talk and connect.

Step 5: Start watering the plant.

Step 6: After watering the plant, explore the questions together:

- Watering the plant made me feel (X) way towards you.
 - Watering the plant made me feel (X) towards myself.
 - Watering the plant taught me (X) about you.
 - When I watered the plant, I felt...
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