

TOLERANCE METER EXERCISE

PREMARITAL COURSE

BUILDING TOLERANCE

This activity is aimed to help you create a foundation of tolerance and respect.

Getting started

The Tolerance Meter exercise consists of the following rules.

- Meet for a 30-minute time period each week. During the set time, you and your partner will explore questions and concerns aimed to improve your relationship and solidify your bond.
- Document where you fall on the tolerance meter.
 - **Low**, means that you are not impacted to a negative degree
 - **Moderate**, means that you are impacted but managing
 - **Severe**, means that you are experiencing distress or agitation.
- Meeting place should be distraction free.
- Explore the questions in-depth.
- Leave on a positive note. This means leaving with a relationship plan of action.
- Consistency is vital.

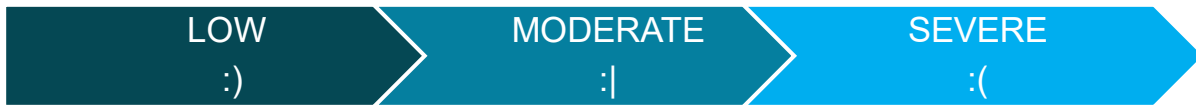
FRIENDLY REMINDER

Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.

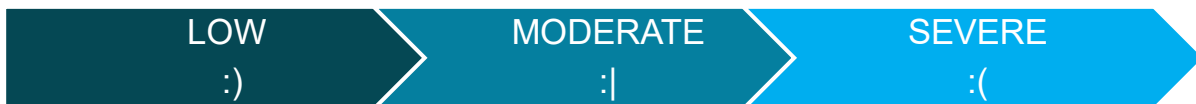
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Partner A Tolerance Meter (At the end of the week)



Partner B Tolerance Meter (At the end of the week)



Below are questions that you and your partner are to answer and evaluate. Please take time to address each question **first individually** then together.

QUESTIONS TO EXPLORE INDIVIDUALLY

- How have I annoyed you this week?
- Have I said or done anything that hurt you this week?
- Have I engage in self-care this week?

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QUESTIONS TO EXPLORE TOGETHER

- **How have we supported each other this week?**
- **What acts of kindness have we done for each other this week?**
- **Have we engage in self-care this week?**
- **Have we been present for each other this week?**
- **Have we actively listened to each other this week?**

GOAL FOR THE EXERCISE

The goals for the questions include:

- Gain a stronger understanding of what actions impacted the tolerance meter.
- Build skills to support the tolerance meter with balance.
- Practice empathy and support.
- Create a system that allows for a healthy tolerance level.

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