

## HOW DO I FEEL WHEN...

Husband and wife should sit down together in a relaxed, unhurried setting. Then taking turns, each should reflect on one after another of the 25 questions and answer what his or her feelings might be in the situation concerned. Either or both of them can answer each question, one after the other, or they can switch back and forth answering only alternate questions.

The purpose of the exercise is to communicate to each other his or her feelings in a certain situation. If each has responded only to alternate questions, and the experience has been a helpful one, they may repeat the exercise, each now answering the question to which only the other had previously responded.

It would be easy to think of additional questions, so there is almost no limit to the extent the exercise could be expanded. All right, are you ready?

### HOW DO I FEEL WHEN...

1. You surprise me with something nice.
2. You show me that you appreciate me.
3. I make a mistake and you point it out.
4. You are holding me in your arms.
5. You praise or compliment me.
6. I think that you are judging me.
7. You make a sacrifice for me.
8. Others notice our closeness.
9. I am reminded that you really love me.
10. You seem annoyed with me.
11. We are holding hands.
12. I am buying you a gift.
13. I don't seem able to reach you.
14. You frown at me.
15. You are being too hard on yourself.
16. You smile at me.
17. You reach out to touch me.
18. You interrupt me in conversation.
19. I think I have hurt your feelings.
20. You are very upset and begin to cry.
21. You are sick or in pain.
22. You ask me to help you.
23. You become very angry with me.
24. I can't understand what you are asking me to do.
25. You tell me you are very proud of me.