

To be worked on individually and then to be shared in couple dialog:

1. List 3 stages in your marital relationship up to present time. (You may use one word, a phrase, a picture, a simile or a metaphor.)
2. List 3 learnings you have gained from these periods in your marital relationship. (You need not list one from each state, but you may, if you find it helpful.)
3. List 3 hopes you have for this present (for the purpose of the exercise, we will call it the fourth) stage.

AIM OF EXERCISE

To value and appreciate the growth and enrichment that has evolved in the history of your life together, and to elicit gratitude for your partner.