

REKINDLING EXERCISE

OBJECTIVE: To share with each other specifics about what you want, what pleases you, what your partner could do that will make you feel loved and valued. Then to commit to do these things for each other randomly at least three times a day over the next two months.

PURPOSE: To rekindle feelings of romance and to create a safety zone in the relationship where bonding can occur.

INSTRUCTIONS: Make a list as you think about three areas: (1) what your partner is already doing that pleases you, (2) what your partner used to do that pleased you and (3) what have always wanted but never asked for. These may be very private fantasies but should not be a present source of conflict.

With each item complete the sentence, "I feel loved and cared about when you..."
(Examples: make me coffee in the morning, call me from work just to check in, tell me I'm doing a good job, help me with my chores around the house, spend quality time talking with me, take a shower with me, compliment me on how I look, give me a back rub, want to have sex with me, bring me an unexpected gift, cuddle without having to have sex)

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|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Indicate the importance of each item with an A, B or C, with A being most important.

Now exchange lists.

On your partner's list put an X by any items you are not willing to do at this time, making the rest of the list conflict free. Then beginning tomorrow, do at least two of these behaviors each day for two months. Start with the easier ones first and then move to the more difficult ones. These acts are to be GIFTS, NOT OBLIGATIONS. However, do them whether you feel like it or not. The act of doing these things will begin to ignite your desire, rekindle the romance and create a safety zone that will allow deeper connection and bonding. If either of you experience some resistance with this exercise, keep on doing these caring behaviors until the resistance is overcome. Do it even if you don't feel it. Your feelings will follow.