



## COUPLE AND FAMILY MAPS

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### CLOSENESS EXERCISES - PRACTICAL TIPS TO BALANCE YOUR RELATIONSHIP

If you find yourself “Disconnected” or “Somewhat Connected”, try one or more of these ideas to become more connected:

- Fill in the blanks. Use the following prompts (or some of your own) to discover or rediscover your partner’s innermost feelings. “I feel happy when \_\_\_\_\_”; “I am afraid of \_\_\_\_\_”; “If I had more time, I would \_\_\_\_\_”; “One of my favorite books is \_\_\_\_\_”; “One thing I have never told anyone is \_\_\_\_\_”; “I get really embarrassed when \_\_\_\_\_”; “My favorite meal is \_\_\_\_\_”;
- Say “No” to outside activities that take too much time and energy away from your relationship.
- Participate in community service or volunteering projects together.
- Start having a weekly “date” night.
- Plan and dream together. Create a list of things you would like to do in your life and share your list with your partner.
- Take a class or vacation together.
- Find a hobby or activity you can share with one another.
- Compliment your partner.

If you find yourself “Overly Connected” or “Very Connected”, try one or more of these ideas to build your independence:

- Maintain, create and nurture friendships with others.
- Take a class alone or with friends.
- Volunteer for something your partner is not involved with.
- Give yourself some alone time walking, jogging, or journaling. Get to know and like yourself. When your tank is full, you’ll have more to share with your partner later.