

# gifting the relationship

Presented by Rabbi Pinney & Helana Herman

Ask not what you can get from the relationship,  
ask what your relationship needs from you.


Transform potential areas of conflict into creative tension and collaboration. This can be challenging, but it crucial for deep change and growth. Gift your relationship with something that may be a 'stretch' for you.

Use these worksheets to help you plan your gift and how to share it with your spouse.

Use these ideas in your dialogue (see the corresponding numbers in the structured dialogue script).

<p>1. Item from your Relationship Vision that you want to further enhance.</p>	<p>Review your Relationship Vision and choose an area that you both said you wanted for your marriage, but isn't happening quite as you both hoped.</p>
<p>2. What are some feelings and/or fears associated with this aspect of your Relationship Vision that is not happening presently in your marriage?</p>	<p>If we did this, I would <b>feel</b>...</p> <p>I <b>fear</b> that if we don't do this, what might happen is ...</p>
<p>3. What aspects of your childhood does this bring up for you? (<i>optional</i>)</p>	<p>This can be <b>positive</b> memories that you hope to create in your relationship (ex: annual mini-vacation), or <b>negative</b> ones you hope to proactively avoid (ex: stress around holidays).</p>
<p>4. What is something that you can gift the relationship to address this missing aspect?</p>	<p><b>Something that you will actually do:</b> State this with <b>Positive wording</b> (ie. what you will do, not what you won't do anymore)</p> <p>Use the <b>SMART</b> tool</p> <ul style="list-style-type: none"> <li>• <b>S</b>pecific, <b>S</b>mall</li> <li>• <b>M</b>easurable</li> <li>• <b>A</b>ttainable (keep it small)</li> <li>• <b>R</b>elevant (to the statement)</li> <li>• <b>T</b>ime-limited</li> </ul> <p><b>Stretch</b> a bit.</p>

	Who	Step	Possible wording
Share & Mirror Repeat until all is shared	Sender	Request appointment	I would like a Dialogue to express a <b>gift of change</b> . Is now a good time?
	Receiver	Agree to the conversation.	Yes, now is a great time. I do want to have this conversation. Can we schedule for [specific time]?
	Sender	Introduce the aspect of the Relationship Vision	I know that in our Relationship Vision, we both agreed that we would [ <sup>1</sup> <i>read the words from the Relationship Vision</i> ]. I'd like to work on that.
	Receiver	Mirrors	You want to work on [...]. Is there more about that?
	Sender	Deepen the message	[feelings/fears <sup>2</sup> ] [childhood memories <sup>3</sup> ]
	Receiver	Listen, mirror, check for accuracy	Let me see if I got this. I heard you say [...] Is there more?
	Sender	Indicate accuracy, Clarify, Fill in details	Yes that's it. Actually, I meant ... There's more ...
	Receiver	Summarize	Let me see if I got it all... Did I get it all?
	Sender	Indicate accuracy, Clarify, Fill in details	Yes that's it. Actually, I meant ... There's more ...
validate	Receiver	Validate	You make sense to me, and what makes sense is ...
	Sender	Listen and receive validation	
empathize	Receiver	Empathize	I imagine you might be feeling ... I imagine you might have felt ... I can see that you are feeling (if feelings were shared)
	Sender	Listen Thank Clarify Add	Yes, thank you for that. Yes, that and there is something else. Well, not exactly like that... It's more like...

	Who	Step	Possible wording
Stating the Gift	Receiver		What would you like to do that would help you grow and fulfill our Vision?
	Sender	State gift	I would like to [4]
	Receiver Sender	Mirror/ clarify until there is accurate understanding	
	Receiver	Ask	When you stretch to this change, how do you think you will feel?
	Sender	Reply	When I do this, I imagine that I will feel (based on your feelings/ fears)
	Receiver Sender	Mirror/ clarify until there is accurate understanding	
Ending	Receiver	Wrap up	This change will help me/us by ...
	Receiver Sender	Mirror/ clarify until there is accurate understanding	
Thanks	Receiver	Appreciate	<i>Thank you for that gift to our relationship</i>
	Sender		<i>Thank you for listening.</i>
 Switch roles		It is important to take a break between each dialogue. Agree on how long the break will be (an hour, a day.)	

### Be kind to yourself as you work in this area.

- Do not keep score on who is doing more. Your role is to do your part to enhance your relationship.
- Acknowledge your own effort and progress.
- As applicable, ask for support and grace.

**Celebrate small wins.** Small step by small step, the growth will happen. You, your spouse and your relationship will all benefit.

### Be compassionate as your spouse works in this area.

- Do not keep score on who is doing more. Your role is to support your spouse without judgment or criticism.
- Acknowledge effort and progress. What may seem simple or natural to you may be a stretch for your spouse.
- As applicable, help your spouse do their best in this transformation.