

1. Dream... Create your personalized Relationship Vision.
2. Share your vision statements with each other.
3. Compare lists.
4. Create joint vision.
5. Live your vision.

## 1. Dream... Create your personalized vision

*Separately, each of you should complete your own vision for your relationship – [worksheet 1].*

- Write **short** sentences.
- Start sentences with **'we'**.
- Write in **present tense**.
  - We have fun together.
  - We are loving parents.
  - We talk respectfully to each other.
- Phrase all sentences to use **positive** words.
  - We settle our differences peacefully. NOT: We don't fight.
  - We trust each other. NOT: We don't get jealous.
- Include behaviors that you did in the past that you want to bring back.
- Include behaviors that you are currently doing that you want to continue.
- Include behaviors that you want to add to your marriage.

If you could envision your ideal relationship ...

- What would it look like?
- How would you feel?
- What would you be doing?
- Laughing? Safe? Relaxed? Joint activities that are meaningful? Relating? Emoting? Communicating?

### SOME THINGS TO THINK ABOUT

Collaboration  
 Communication  
 Conflict  
 Decisions  
 Finances  
 Health  
 Household  
 Interests  
 Intimacy  
 Leisure  
 Life Purpose  
 Parenting  
 Playfulness  
 Privacy  
 Religiosity  
 Respect  
 Social  
 Work

## 2. Share your vision statements with each other.

- Now share your visions with each other, using the Imago Dialogue Process, specifically mirroring (the other components are validating and empathizing).
- The one speaking is the 'Sender', the one listening is the 'Receiver'.
- The Sender begins by sharing the first sentence. "In my relationship vision, we ...."
- The Receiver listens quietly until the Sender is finished, and then mirrors back "So what I hear you saying is ... Did I get that right?"
- The Sender can clarify or agree that they understood accurately.
- The Receiver then asks "Is there more?"
- The Sender can add more to the original statement.  
Or, go on to the next statement.
- Switch roles.

### Mirroring

Simply mirror back only what was said (or paraphrasing), suspends analysis and evaluations.

## 3. Compare lists.

As you go through your statements, compare statements.

- If you have similar statement, both of you mark that in the *similarities* column on the right of your individual worksheets.
- If your spouse mentioned something that was not on your list AND you agree with it, you can add it to your list. And both mark it in the similarities column.
- If you or your spouse mentioned something that the other does not agree with, just move on to the next statement; do not discuss at this point. You can save those to revisit at a future date; once there is more connection and safety in the relationship, there may be a willingness that was not there before. It is important not to coerce each other to add something to the Relationship Vision.

## 4. Create joint vision.

- Write down all statements that you both have marked as similar. [Worksheet 2]
- Write them as short sentences - in positive terms and in present tense (ie: "we are ..." rather than "we will").
- Read aloud to each other.

## 5. Live your vision.

- Read your Relationship Vision often – weekly, daily. And revisit periodically to update based on changes in your lives.



