

Connection Time

FORMAT:

Regular time – what really supports trust in the relationship is to have a regular time that you set aside to connect with one another, we suggest a daily practice but it could be every couple days or weekly.

Check in – Confirm that the time and place still work for each other. Is there an agreed ending time? Then each shares how they are and if they have something they want to share or be heard about. One person speaks and the other listens until the speaker is done. Then switch.

Connection Requests are what keep the conversation going, i.e. “What did you hear me say” or “What comes up for you when you hear this from me.” Use your own words.

POSSIBLE OPTIONS: Not to be a limit in any way.

Gratitude and appreciation – each of you take turns sharing an appreciation about the other. This is where I like to begin, because it contributes to resourcefulness and builds deeper connection. This is particularly beneficial when you’re really feeling disconnected.

Self acknowledgement – share with your partner 1 thing you like about yourself, partner reflects back and adds needs e.g. “I really like how organized I am” to which my partner might respond “So you really enjoy your organizational ability; I’m guessing that meets needs for ease, order and clarity?”

Beneficial Regret – connection time can be an opportunity to express anything you said or did that you now feel regret about e.g. “I recall the other day I said_____, I now regret that cause it didn’t meet my own need for caring communication. Wonder what’s coming up for you hearing this?”

Celebration and Mourning - share anything that I’m celebrating or sad about.

Clearing or Clean up – if there’s been a disconnection about something, take time to revisit it/clean it up by listening to each other until each of you has been heard.

Scary Honesty – is there something you’ve been afraid to tell your partner and haven’t or perhaps you want to invite your partner to share anything they’ve been afraid to tell you?

Making life more wonderful – Ask each other, “Is there anything I could say or do, that would make your life more wonderful?”

Beauty of the Need – this can be particularly beneficial when you’re feeling disconnected, ask your partner to share their reflections on a need of yours that feels important in the moment. e.g. Perhaps I’m really frustrated because I want to be heard about something so I might say to my partner “Would you share with me your experience of the need to be heard?”