

Discovery Game for Relationship Coaching

Name _____

Date _____

Before you were in relationship, you were individuals and will remain forever that. Each of you has a unique way of thinking, a unique way of interacting with others, and your own interpretation of all that goes on around you. Even as our coaching focuses on the relationship, we will look at how you as individuals view the relationship, view your "self" in the relationship and how you view your partner in the relationship.

The questions below are "pondering" questions designed to stimulate your thinking as we get started. I encourage you to answer them independently before you discuss them. And if you choose NOT to discuss them at all - that's perfectly okay! We will look at them together over time. I suggest that you take several days, or more if that helps, to compose your responses to these questions.

As you read each question, notice your "gut reaction". Do you want to dive in deep or avoid like the plague? Just notice. If formulating a response seems like major surgery, skip it and return later. When the time is right, your answer will come clearly, thoughtfully and with ease. Allow yourself to express what you don't know: invite previously unspoken messages to appear!

A few things to remain aware of during couple/relationship coaching:

- It is the relationship, rather than each individual, that is served by the coaching. We address the vision and purpose for the relationship and what is getting in the way of the fullest expression for the relationship
- Since the relationship is formed by two individuals, the relationship dynamic shifts as individuals make choices in service of it (or not in service of it!)
- Coaching begins in a session that ends with commitments; most of the impact of coaching is felt when those commitments are honored in the time between sessions
- Open and healthy communication isn't always pain free but it works best when we honor these simple rules:
 - nobody is to blame
 - nobody gets to be "wrong"
 - each person looks deeply at themselves, sharing their truth, how they see things, the stories they make up, their emotions - all that is true in *this* moment
 - each person listens intently and honors the other person's sharing as *their* truth in the moment
- During the course of relationship work, it may become apparent that one or both individuals would be served by personal counseling or coaching or that the relationship would be better served by counseling than by coaching. Should any of us perceive such needs, we will call it out and be discerning about next steps.

An overview:

1. What was your vision for this relationship when you first made a commitment to one another?
2. What is your vision for this relationship NOW?
3. On a scale of 1 (low) to 5 (high), what is your commitment to the relationship?
4. If your answer to #3 was anything less than 5, what would it take to bring your commitment level to a 5?
5. On a scale of 1 (low) to 5 (high), how willing are you to change how YOU show up in service of the relationship?
6. On a scale of 1 (low) to 5 (high), how willing are YOU to invest time daily in service of this relationship and your shared vision for it?
7. Imagine the **ideal** relationship for you and your partner - possibilities are endless! What does it look like, feel like, taste and sound like? What is vital and present and alive? What is not present?

What is the purpose of the relationship?

8. What would this list, prioritized for you, look like?

I am in this relationship for the sake of:

- a. Someone to take care of me financially
- b. Someone to take care of my physical day-to-day needs
- c. Someone to be my "other half" or "better half"
- d. Someone to love me
- e. Someone for me to love
- f. Someone to share a dream, a life vision with
- g. Someone to create family with and to parent my/our children
- h. Someone to draw out the best in me as a human being
- i. Someone to share this human experience with
- j. Social connection
- k. Intellectual connection
- l. Other? _____
- m. Other? _____
- n. Other? _____
- o. Other? _____

How is Love expressed?

9. How do you intentionally show love to your partner?
10. How do you hold back from loving?
11. In what ways would you like to give more?
12. In what ways does your partner acknowledge your gifts of love?
13. In what ways do you receive love from your partner?
14. In what ways are you unable to receive love from your partner?
15. What would you like more of from your partner?
16. Write a love letter or "statement of acknowledgment" to your partner.

Beyond love as expressed above, what do you contribute to the relationship?

From your perspective:

17. What do you give physically (job, tasks, time, energy...)?
18. What do you give emotionally?
19. What do you want to give more of?
20. What do you give from a place of pure love and desire?
21. What do you give from any other place?

What is missing?

Without blame or wondering how to "fix it":

22. What do you need more of in the relationship?
23. What do you desire more of in the relationship?

What gets in the way of a healthy, loving, satisfying relationship?

24. What are the technical difficulties (life!) that get in the way of this relationship?
25. What expectations do you have of your partner? Which ones does s/he know about?
26. What assumptions do you make about your partner?
27. What stories do you make up about "Why he does this..." or "Why she does that..."?
28. What secrets do you harbor that get in the way?
29. What personal needs go unmet and result in your inability to be fully present to your partner?

Making time

30. What will you personally set aside, take off the to-do list or move down the set of priorities, in order to make time for this journey?
31. What will you, as a couple, set aside, take off the to-do list or move down the set of priorities in order to make time for this journey?