


Date: \_\_\_\_\_



## A VISION OF OUR RELATIONSHIP: AN EXERCISE

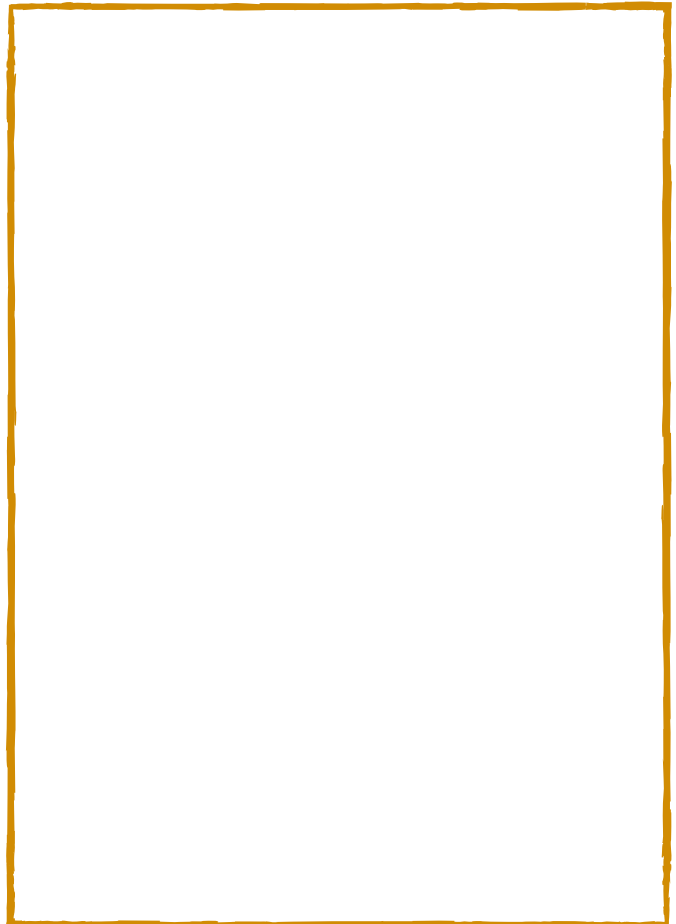
### PART 1:

1. Individually write down words about what you envision your relationship could be
2. What do you long for in this relationship?



### PART 2:

1. Share the vision with your partner (in therapy if concerned about conflict)
2. Write a vision statement together



If you are religious, consider exploring your faith-teachings on what your relationship vision. You might consult the Bible or teachings, or with your clergy. This might influence your vision.

## Javier and Gina's Vision

We will commit to seeking God's Kingdom first in all that we are and do. Our home will be a place where family, friends and guests find joy, comfort, peace and happiness. We will exercise wisdom in what we choose to eat, read and do in our home. We will learn to love another as we develop our own talents.

We will exercise initiative in accomplishing our life's goals. We will be warm and kind in how we parent our children. We will act on situations as opportunities, rather than to be acted upon. We will always try to keep ourselves free from addictive and destructive habits. We will develop habits that free us from old labels and limits and expand our capabilities and choices. Our money will be our servant, not our master. Our wants will be subject to our needs and means. We will honor God and choose to obey him every day of our lives.