

## Activity - Vision and Purpose<sup>2</sup>

Discuss the following questions with your partner. The objective is not to agree on the answer for each question but to discern and decide on a shared vision and purpose.

- What's our highest priority? Relationship? Work? Independence?
  
- How do we handle distress with each other? How do we manage conflict?
  
- How do we settle our differences? How do we make important decisions?
  
- How do we get each other to do things we may not want to do?
  
- How do we handle competing or intruding people, things, tasks? (Think exes, parents, friends, work, hobbies, drugs or alcohol, and so forth.)
  
- How do we manage shared labor? (Housework, shopping, bills, kids, and so forth?)
  
- How do we keep romantic love / intimacy alive?
  
- How do we repair, apologize, or make amends for hurting each other? How long should it take to fix injuries?
  
- How do we protect each other in private and in public?

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<sup>2</sup> Stan Tatkin, M. (2018). We do: Saying yes to a relationship of depth, true connection, and enduring love. Sounds True.