

# My Vision for a Lasting Emotional Connection Checklist

The purpose of this exercise is to help you define with specificity what is most important to you in creating a love that will last.

Yes, you will want everything on this list. That's ok. File some of these characteristics in your mind. You might be surprised how they become more and more a part of your life and relationship.

Go through each category and **check the one characteristic that is most important to you in each category.**

**Once completed, share with your spouse or partner per preceding guidelines.**

If you have a difficult time choosing, rely on your intuition. Which one seems to jump out at you and appeals more powerfully?

Remember, you want to make finer and finer distinctions about what is truly important to you.

The finer the distinctions translate into a better ability to communicate with more personal power.

This is a tremendous asset in all of life.

## Category 1: To Honor Myself

- I want to be in this relationship because I choose to be, not because I need to be.
- I want to not suffer because of unwanted criticism.
- I want to take good care of myself and not rely on my partner to take care of me.
- I want to enjoy looking and being my best and have it affirmed in my marriage.
- I want to know fully that I truly desire this relationship.
- I want to be able to tell my partner the truth,

even about little details.

## Category 2: Communication

- I want to bring up anything that matters to me.
- I want to feel extremely at ease talking to my spouse.
- I want us to make decisions easily.
- I want to feel heard and respected by my spouse.
- I want to assume responsibility to communicate what I need and not make my partner guess.

## Category 3: Disagreements

- I want to be aware of what I say or do triggers the worst in my partner.
- I want to listen fully, not interrupt or contradict.
- I want to respond to my partner in ways that honor him/her.
- I want to respond most often deliberately, not impulsively.
- I want to make requests to my partner, not complain
- I want to respect my partner and not insult or speak sarcastically when angry.
- I want to express my anger truthfully and respectfully.
- I want to act like an adult, not child, when I'm upset.
- I want to listen carefully to my partner's point of view when we disagree.
- I want to avoid pushing my spouse's button.
- I want to apologize if I've blown it.
- I want to admit my mistakes and apologize for negative consequences.
- I want to honor my spouse and not patronize.
- I want us to resolve problems quickly and easily and learn from them

## Category 4: Partnership

- I want to value my relationship more than my need to be right.
- I want to do everything to contribute to our relationship success.
- I want to trust my partner is doing his/her best to succeed.
- I want to support and encourage my partner to reach his/her goals.
- I want to find satisfaction in making his/her life easier and more enjoyable.
- I want to be able to collaborate when it's important, not compete.
- I want to be comfortable with how our

- common interests fit.
- I want to have a balance between being close and independent.
- I want to be present with my partner, not withdraw or "numb out."
- I want to feel grateful for our love.
- I want to appreciate the fact my partner appreciates my deepest self.
- I want to have a mutual purpose for being together.
- I want to be inspired by our relationship to grow and learn.
- I want to be comfortable with silence between us.
- I want to accept any apology and let go of blame.
- I want to accept my partner, not judge.
- I want to be generous with my partner.
- I want to trust my partner is doing his/her best.
- I want to feel more and more personal power and passion with us.
- I want to my relationship to generate compassion for myself and others.

#### **Category 5: Sex**

- I want to feel sexually aroused at times by the presence of my partner.
- I want to have lovemaking that is satisfying for me in quality and quantity.
- I want to be fully present to my partner when we make love.
- I want to have our intimate environment to feel creative, adventuresome, new and fun.
- I want to enjoy making my partner feel great.
- I want to have my partner tell me exactly what s/he wants.
- I want to enjoy receiving pleasure from my spouse and easily communicate desires.
- I want to accept and respect a "no" from my partner.
- I want to communicate my personal needs around sex and have them understood.
- I want to have sex be a choice, not a compulsion.
- I want to feel great after an erotic time together.

#### **Category 6: Trust**

- I want to trust my partner more than anyone else.
- I want to keep my word to my partner.
- I want to be care in what I promise and not set up partner for disappointment.

- I want to respect my partner's friendship with attractive people.
- I want to receive all the affection and touch I want from my partner.
- I want to experience moments of tenderness, kindness and gentleness in our marriage.
- I want to laugh at my humanness.
- I want to lovingly tease my spouse.

#### **Category 7: Family/Others**

- I want to create time to be with children and close friends.
- I want to have us surround ourselves with friends and family
- I want to have this marriage contribute to the lives of those around us.
- I want us to be united in our parenting.
- I want us to set some reasonable but firm boundaries with family and friends.
- I want each to respect the other's co-workers
- I want us to have enjoyable family vacations.
- I want us to plan our futures together.
- I want us to support each other in family crisis and grieving.

#### **Category 8: Growth/Change**

- I want to have my partner know me intimately.
- I want to have this marriage be a place where we constantly grow, learn and evolve.
- I want to face change and the unknown with my partner.
- I want to be free to discuss self help books or articles.
- I want us to see each other as constantly growing and evolving personally
- I want us to support each other in personal growth efforts
- I want each of us to have separate time for personal enhancements opportunities.
- I want us to intentionally prepare for each stage that marriage and life offers

Notes and Comments:

This replaces the Emotional Connection 101 Checklist in the rough draft. Please leave your comments and suggestions at:

<http://www.surveymonkey.com/s/LNY8YZV>