

Dare to Be Honest

Key Points:

1. This exercise helps you identify specific fears and barriers to engaging your spouse or significant other in a positive manner.
2. Begin to note and identify when and where you fears or blocks emerge in communication with your spouse.
3. Begin to make shifts and alter your fears, enabling you to communicate more powerfully with your spouse or significant other.
4. Share this exercise with your spouse if s/he is there and receptive.
5. Invite your spouse to disclose his/her fears and barriers that hinder honesty. Listen. Accept. Make no judgments.

Instructions:

1. Read through the list and check the top 5 blocks or fears that apply to you.
2. Note any patterns or consistent behaviors that block your communication.
3. Print a copy for your spouse or significant other.
4. Let him/her know you have completed the exercise and what you discovered about you.
5. Hand the copy to him/her and invite him/her to participate.
6. Click the link at the end of this exercise to fill out survey regarding usefulness of this exercise.

<input type="checkbox"/>	I fear talking will stir feelings of being put down
<input type="checkbox"/>	I believe I can't talk as well as you
<input type="checkbox"/>	I don't know how to respond to your feelings and thoughts
<input type="checkbox"/>	I'm afraid I will feel the tension and freeze
<input type="checkbox"/>	I'm afraid I will feel the tension and lash out
<input type="checkbox"/>	I'm afraid I will feel the tension and say something stupid
<input type="checkbox"/>	I'm concerned that old painful feelings will emerge
<input type="checkbox"/>	I am afraid of conflict
<input type="checkbox"/>	It will end badly and both of us will feel rotten
<input type="checkbox"/>	I will be met with silence and that will frustrate me

<input type="checkbox"/>	I'm concerned I won't be able to believe what you say
<input type="checkbox"/>	I'm concerned that what I say will be appeased or patronized
<input type="checkbox"/>	I'm concerned I won't know how to respond when I feel brushed off
<input type="checkbox"/>	I'm afraid I might get physically hurt
<input type="checkbox"/>	I'm afraid the conversation might get out of control
<input type="checkbox"/>	I'm concerned my words or expressions will be misinterpreted
<input type="checkbox"/>	I'm concerned I won't be heard adequately
<input type="checkbox"/>	I'm concerned I won't be able to say what I really want to say
<input type="checkbox"/>	I'm concerned I won't have the space or freedom to say what I need to say
<input type="checkbox"/>	I'm concerned there will be uncomfortable silence I'm concerned I will get hooked by your body language
<input type="checkbox"/>	I'm concerned I will walk away feeling guilty, or it's all my fault
<input type="checkbox"/>	I'm concerned we will go round in circles and get nowhere
<input type="checkbox"/>	I've almost given up
<input type="checkbox"/>	I will end up feeling like a kid and I hate that
<input type="checkbox"/>	I dread the thought of talking about my feelings
<input type="checkbox"/>	I'm afraid I will feel overwhelmed
<input type="checkbox"/>	I'm concerned I won't verbalize in a way you understand
<input type="checkbox"/>	I'm concerned that what I say will not be important
<input type="checkbox"/>	I'm concerned I will not be able to understand you
<input type="checkbox"/>	I'm afraid to rock the boat
<input type="checkbox"/>	It might lead to sex and I don't want that
<input type="checkbox"/>	I'm afraid it will end with me feeling like a bad person
<input type="checkbox"/>	I'm concerned our talking will hasten the end of our marriage
<input type="checkbox"/>	There will be nothing positive for me to find
<input type="checkbox"/>	I'm concerned our differences will drive us apart
<input type="checkbox"/>	I'm afraid the honesty will be scary
<input type="checkbox"/>	I must be careful what I say
<input type="checkbox"/>	I don't want to hurt your feelings

<input type="checkbox"/>	I'm afraid I can't put into words what I want to say
<input type="checkbox"/>	I don't want to talk about the past
<input type="checkbox"/>	I'm fearful others will find out what we talk about

I would greatly appreciate a couple minutes of your time and your wisdom by clicking this link and giving me your valued input on this exercise: <http://www.surveymonkey.com/s/P3CB7KC>

Thank you,

Dr. Bob Huizenga

<http://www.break-free-from-the-affair.com>