

Build Intimacy and Great Communication Skills in Just 20 Days!

Instructions: As each partner speaks about the day's topic, the other: 1) mirrors ("If I got it . . .") 2) checks it out ("Did I get you?"), 3) asks for more ("Is there more?"), 4) validates ("You make sense because . . .") and finally, 5) empathizes ("I can imagine you feel/felt . . ."). Switch roles and repeat.

20 Dialogues
in
20 Days!

Day	Date	Topic	Done?
1		"Something I appreciate about you is . . ."	
2		"Something I like about us as a couple is . . ."	
3		"A 'thumbs up' (positive) from today was . . ." & "A 'thumbs down' was . . ."*	
4		"If I won the lottery, I would buy you . . ." "Something I'd buy <i>myself</i> would be . . ."	
5		"One of my fondest childhood memories is . . ." & "a favorite pastime or toy was":	
6		"I felt hurt/disappointed as a child when . . ." <i>And</i> "How I dealt with that was . . ."	
7		"Something you do that helps me feel close to you is . . ."	
8		"Growing up, one thing I liked about my mom was . . ." "One thing I disliked was:"	
9		"Growing up, one thing I liked about my dad was . . ." "One thing I disliked about him:"	
10		"A special memory from our relationship is the time . . ."	
11		"A way you can help me (stay calm during) or (bring up) difficult talks is . . ."	
12		"A way I can help <i>myself</i> (stay calm during) or (bring up) difficult talks is . . ."	
13		"I love it when we . . ." <i>And</i> "When this happens, I feel . . ."	
14		"If I could change anything about myself, one thing I would change would be . . ."	
15		"One thing I <i>like</i> about you is . . ." & "One thing I'd like to see <i>more of</i> in you is . . .**"	
16		"Some thoughts/feelings I've had about yesterday's dialogue are . . ."	
17		"Something I sometimes criticize in you but also do myself is . . ."	
18		"Intimacy to me is . . ." <i>And</i> "A way I think we could become <i>more</i> intimate is . . ."	
19		"Three things I find very romantic are . . ."	
20		"What I have learned from this exercise is . . ." & "In the future I hope we will . . ."	

*3: NOT about your partner or relationship!

**15: Picture what you would like to see "*less*" of, then transform that into what you want "*more*" of.