**Homework, week 1.**

Visualize your ideal relationship. See it in your mind. What is happening? Where are you? What’s it look and feel like? Are you being “held?” Are you holding each other? Are you simply holding hands? Imagine you at your best, empowered, solid, less reactive, willing… etc. Imagine a calm nervous system, a safe, secure “homebase.” However, don’t imagine fantasies. Keep your vision realistic. Draw it, paint it, vision board it, journal it, etc.

**Week 1 practice.**

1. Visualize your relationship vision. See above.
2. Blame and Fault—Consider a fun experiment to not blame for the next 8 weeks. Notice when you are in that old program and use it as an opportunity to reel yourself in and focus on you and what it brings up in you.
3. RRR—Relationship Results Ritual---30 min/day 5 days/week.—Start to experiment with this. The point is to be with yourself and your experience in two ways:
4. **Finding the Resource**: safe place. visualize a time/place/experience when you had an amazingly positive relational experience. Connect this possibility to a part of your body. Imprint this in your mind/body forever.
5. **Finding the Trigger**: locate it in your body. Connect to the hurt kid and dive in to the center of the feeling in your body.
6. Read the entire ebook if you can. It’s located on the members only course page.
7. Check in with partner. Find them in this document: <https://docs.google.com/spreadsheets/d/1kRLIsp_lL1HAv43yN4NCBB1yrl9dJdiD_-XE8MLDHFA/edit?usp=sharing>

**Check in instructions:**

Total visit time: 20 min – 1 hour. This is practice. Some of you already are skilled in this area. And keep refining it. Also help your partner if they are not getting it.

After you say hello and make small talk, pick a time frame. Get clear on this person's time boundary. How long will you be on the call or meeting in person. Some of you need to practice being true to you and holding your boundary. Others need to practice being flexible and stay on longer than you typically prefer.

**Phase 1 (1-2 min each)**

Next, share NEST: Use numbers, Check in. 0-10. “I’m a two.” “I’m an eight.” Also share a word or phrase that captures your experience. “Sad” “feeling overwhelmed” “stoked to be talking to you right now.” Etc.

Partner A shares: Describe what’s “up” for you with your number. Why is it that number?

Partner B: shares impact: What it’s like to be with the other person. Only talk about self, not them. “Hearing you say that, I feel \_\_\_\_\_\_\_\_ sad, excited, scared, curious, etc”

Switch roles

**Phase 2 (longer, like 10-20 min each)**

Now, take it a bit deeper. Get more real. Take a risk. With the desire to have the other person know you more, share why you are taking this course. What has you here?

Example of the flow:

1. Person A shares why you are here and what let you to want this information.  
   2. Person B share impact again. “Hearing all of that, the impact over here is I feel or notice\_\_\_\_\_\_\_\_\_.” (i.e. heaviness in me, sadness in me, joy in me, anger in me, tension in me, etc)
2. Switch
3. Close by taking turns sharing what it’s been like to be with them. Share impact.