

The Values Gap

Suppose a miracle happened and your partner suddenly turned into your perfect “soul mate”: no faults at all, no annoying habits, always there for you, able to meet your every need, want, and desire If that happened, then how would *you* change? Please take your time to seriously consider this and write your answers below.

What would you stop, start, do more of and less of?

What sort of partner would you try to become? What sort of personal qualities would you develop?

What attitude would you cultivate toward your partner?

How would you speak to him/her when you wanted something?

How would you respond to him/her when they were in pain?

How would you treat him/her when they made a mistake or screwed up?

Is there a gap between the way you'd ideally like to behave as a partner – the values you'd like to live by -- and the way that you actually are behaving?

What is stopping you from living by your values right now?

What do you fear might happen if you did start to live more by your values?

What do you think needs to happen first before you can start living more by your values?

Do you believe your partner should change before you do? If so, what do you expect your partner to do?