

YOUR RELATIONSHIP VISION

The first step in the journey toward a conscious marriage/relationship is the creation of a new and shared vision of your relationship. A shared vision is essential to a successful relationship. It provides direction and can help you to focus your energy and efforts on a goal. Without a vision, your relationship can seem empty and your attempts to replenish it chaotic and aimless. A vision is a view of the whole that influences the relationship of the parts. A vision gives direction to each decision and shapes each action. Whenever there is an issue, the resolution is determined by whether or not it is consistent with the vision.

The relationship you have now is the creation of your separate desires and needs. It is the manifestation of your unconscious images about relationships. You and your partner are trying to bring your individual images into reality--and this frustrates both of you. These conflicting images have their roots in the needs and desires of childhood. They determine every thought, shape all actions, and stimulate each feeling.

To have a successful relationship, you must co-create a vision--a shared vision. A shared vision blends both of your dreams, desires, values, and needs. It is a joint creation. Your conscious dream becomes your new reality. You may not be able to have the relationship of your private dreams, but you can co-create a dream relationship.

RELATIONSHIP VISION

(positive, short, present tense statements beginning with "We")

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12)

OUR CONSCIOUS MARRIAGE/RELATIONSHIP

Sample: Partner A and Partner B

Partner A		Partner B
1	1. We give each other surprises.	1
1	2. We have fun regularly.	1
1	3. We support each other.	1
1	4. We are comfortable alone or together.	1
2	5. We take care of our bodies.	4
4	6. We are truthful with each other.	4
✓ 5	7. We travel together well.	2
3	8. We are sexually and emotionally faithful.	5
2	9. We have a satisfying and beautiful sex life.	2 ✓
2	10. We touch each other's bodies often.	2
✓ 3	11. We are growing together spiritually.	2
4	12. We parent our children well.	3
2	13. We express appreciation and praise each other.	4
2	14. We have secure and happy children.	4
5	15. We share major family decisions.	4
2	16. We make each other's deepest needs a priority.	2
3	17. We care for our relationship each day.	2
3	18. We experience passion with each other.	2
3	19. We communicate our feelings openly.	5 ✓
2	20. We contain each other's anger.	2
2	21. We have daily private time.	2
3	22. We feel safe with each other.	4
4	23. We are financially secure.	2
2	24. We exchange ideas and thoughts.	2
4	25. We are reliable for each other.	5
3	26. We resolve our differences/conflicts quickly and remain close.	4
2	27. We support each other's goals.	2
5	28. We listen to each other's feelings.	3