

S.O.S. DATE NIGHT



my faults

my fears

- Prepare a list of your own faults & fears in the relationship.
- Come together in a spirit of cooperation and love saying, "Let's make this better." And over dinner, each of you take turns sharing your list. Resist the temptation to add to your partners list. Just tell them whether you see that fault or fear in them too & don't rehearse the past.
- Just put things in the sense of ... "One of my faults is my outbursts of anger."
- ...and then follow it up with describing the fear that makes that a fault... "I think get angry because I'm afraid of being wrong." Or "I think I get angry because I fear you're taking me for granted."