

## **Episode 1 – Beginnings**

### **Things to prepare for the episode:**

1 notebook each.

### **Exercise:**

Check in

Take a couple of minutes to tell each other how you are. Try to include one physical sensation and one feeling word. Like a stiff neck, tight chest, slight headache and curious, irritated, angry, happy, and so on. Only listen when the other speaks and try to do so with a receiving mind.

### **Questions for the end of the episode:**

Write down in your notebook the answer to the following questions during the end music. They should only be very brief answers and try not to overthink it. Rather intuitively feel your way to the answer without judgment. The answers to these questions will be used in preparation for and in the tenth and last episode.

1. What do I remember most vividly from the episode?
2. How do I feel physically?
3. How do I feel emotionally?
4. What can I stay curious about within and about myself until the next episode?

### **Things to prepare/reflect on before the next episode:**

Reflect on what you believe your own stresses and pressures are that bring conflict or communication issues to your relationship. And I don't mean 'because you never do the washing up' or 'you're always late', I mean what might be the expectations you feel unable or unwilling to meet, or you begrudgingly meet, from your partner, and why do you think you feel this way?