

## **DECK OF TRUMPS FOR COUPLES**

*A shared life in a relationship can give so much, but it also requires so much from both of you. Every relationship goes through its happy times and difficult times. Later on, with passing time, under life's burdens, we may forget that creating a successful and satisfying relationship requires continuous care and activity. The everyday rush, troubles, and duties start to obscure the common sense of being together. In this formula we invite you both to look at your relationship in a way that can be helpful in eliciting forgotten or overlooked things, as well as developing new ones, that will make your relationship more successful and satisfying for both of you.*

1. Consider now and write down some things that will let you know that your relationship is successful and satisfying for both of you. In what way will the situation between both of you be different from the present one? What will you and your partner be doing, what will be favorable, helpful, useful in creating a successful and satisfying relationship?

2. Remind yourself of several times when you were convinced, even to some degree, that you both were creating a successful and satisfying relationship.

What specifically was favorable, helpful, useful for both of you in those times?

What were you doing then; what was favorable, helpful, useful for your relationship?

What was your partner doing then; what was favorable, helpful, useful for your relationship?

3. On the basis of the above examples and those you may have in your mind, try to fill out the following table. What have you learned about what both of you can do? What abilities do both of you have? What kind of personality features do both of you have that are helpful in creating a successful and satisfying relationship?

<i>About me</i>		
<i>What was I able to do?</i>	<i>What abilities did I show in that situation?</i>	<i>What features of my personality did I show?</i>
<i>About my partner</i>		
<i>What was my partner able to do?</i>	<i>What abilities did my partner show in that situation?</i>	<i>What personality features did my partner show?</i>

4. On the scale from 1 to 10 where 1 means: “currently at a low level we’re creating a successful and satisfying relationship” and 10 means: “currently to a large extent we’re creating a successful and satisfying relationship”, estimate your present level in this area of your life.

1	2	3	4	5	6	7	8	9	10
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What specifically is favorable, helpful, useful, that already exists between both of you? What helps you evaluate your relationship on the above scale at the level you gave it, and not lower about 1 or 2 points?

What are you doing already that is favorable, helpful, useful for your relationship?

What is your partner doing already that is favorable, helpful, useful for your relationship?

Now, please, talk with each other about the answers you both have given on particular questions. Think about how these answers will be useful and helpful for you both, and for your relationship!

*If both of you want, and it’s possible to introduce some changes into your relationship to make it more successful and satisfying, please take the “Formula for Change” and continue your work together of introducing the desired changes and achieving your goals! Good luck!*