

## Three Things We Have In Common

It's good to recognize and celebrate the differences between partners that make the relationship work.

After all, as a couple, we draw on each other's values and skills that add to our own to tackle the challenges and obstacles we face in life.

Ideally, each partner completes the following sections together (either during or outside a session) and discusses their answers. It's valuable to recognize that there is no wrong, merely different perceptions of the relationship and each other.

List three things that you have in common in the relationship.

- 1.
- 2.
- 3.

List three differences (they needn't be big) that you enjoy having in the relationship.

- 1.
- 2.
- 3.

List three things you have in common that could challenge your relationship success over time (for example, both strong willed, or careless with finances).

- 1.
- 2.
- 3.

List three things that make you unstoppable as a team.

- 1.
- 2.
- 3.

List three things you think you could both improve or change.

- 1.
- 2.
- 3.

List three things that you hope will never change.

- 1.
- 2.
- 3.

Share and discuss your thoughts. This is a celebration of what you bring to the world as a couple. Being different is not a negative, but an opportunity to build lives together.

Dr. Jeremy Sutton