

Finding Activities to Share

Learning to be more present in your relationship and with your partner can break existing negative cycles resulting from unhealthy attachment styles.

Use the following worksheet to identify a list of activities that you and your partner can share to improve bonding.

Ask each partner the following questions:

Partner A: What activities have you enjoyed in the past?

Partner B: What activities have you enjoyed in the past?

Spend time together thinking about what activities you would enjoy together.

Come up with a list of three, and name them below:

For example:

- Cooking dinner together
- A forest walk
- Going on a hike
- Heading to the beach
- Taking a dance class

Think of a time and a place you could perform each activity.

Activity	When and where

Why and how could these activities make you closer? For example, making you both feel more secure and sharing a sense of closeness.

Use the list of activities to plan time together that focuses on building a stronger relationship.

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