

Exercise 1

Personal Enrichment Long Term Intimacy Course



Exercise 1

In this step we've taken a look at the importance of self-esteem, and seen how a successful relationship is almost always one that is built between two happy, contented and fulfilled people. We've discussed how crucial it is to spend time on yourself and your needs, before you can even begin to ensure that your relationship is strong and thriving. We've looked at some ways in which you might take care of yourself, secure your identity and raise your self-esteem. Now, it's time for this week's exercise.

Using the list in this week's reading material – and your own imagination – each of you is going to make a commitment to yourself. You're going to promise to do something entirely for your own benefit. This could be anything from having a lie-in one day, to researching more in depth one of the things you'd like to improve upon, or to picking up an old hobby that you'd almost forgotten about. Whatever it is, make a note of it, and ensure that you allow yourself time to follow through and do it this week.

Although you will both be undertaking separate activities for this exercise, it's a good idea to do the first part together. Share your promise to yourself with your partner, and take an interest in their promise to themselves – you might just learn something new. Better still: write down what you decide to do – that way there is a physical reminder of your commitment to yourselves, and to improving your self-esteem. Over the course of the week, do what you can to help your partner with their commitment just as they will try and help you with yours.

By the end of the week, you may notice a subtle change in your mood or self-image. Even the simple act of thinking about your own wellbeing can have huge, unforeseen benefits. Enjoy this, and keep making time for yourself into the future, as you complete the other steps in this program.

During this week, it's also advisable that you put sex completely off the table. This way, there is no pressure or tension. This is especially important if sexual intimacy is currently an issue of contention between you. Plus, it'll make the next step's exercise much sweeter.

At the end of the week, complete the following questionnaire, then share and discuss your answers.

Notes:



Questionnaire

To be completed separately (no peeking). Then share & discuss.

The activity I chose for this exercise: _____

This activity is important to me because: _____

During this activity I felt: _____

After the activity I feel: _____

From now, I would like to engage in this activity this often: _____

I would like my partner to help me with this activity by: _____

Other goals/activities I would like to try/focus on: _____

I would like to help my partner with his/her chosen activity by: _____

