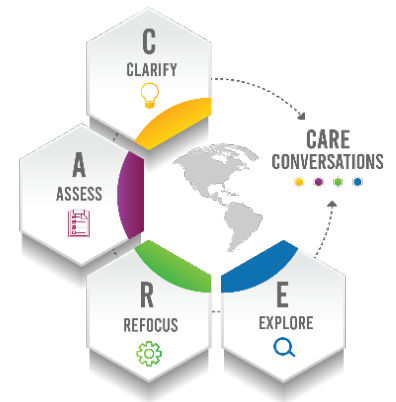


Exercise 5:

Making Deposits into an Emotional Bank Account



Think about it, how many people want to spend time talking to someone who is both critical and blaming in their conversations?

Aim: To set a positive, appreciative, strengths-based approach towards the discussions you will have.

Neuroscience shows that when our brains sense threat, our limbic system is set into fight or flight mode. If we see a lion approaching, we run for our lives. This is also translated into social pain; for example, when I sense that you disapprove of my actions, I may resist or recoil. No one is perfect so you can't expect to be a perfect partner either. So, let's begin with what is good and strong about you as a couple.

This exercise will set the tone of mutual support and collaboration in your conversations. Use it as a conversation starter to every discussion because it puts both partners in a positive state of mind for open and reflective conversation.

Choose a quiet relaxed moment to begin the conversation.

You begin:

- I like that you are

For example: *I like that you are appreciative that I moved to Kenya with you so that we could be together as a family.*

- I value that you are.....

For example: *I value that you are my greatest advocate.*

- I am grateful that you

For example: *I am grateful that you allow me to pursue my career aspirations.*

Now it is your partner's turn.