



KEEP IT REAL: PRACTICE IMAGO

THE FUN FACTOR- INSTRUCTIONS

Valentine's Day is a wonderful opportunity for you and your partner to celebrate your love. All over the world couples are getting together to "Keep It Real on Valentine's Day" and do something meaningful and long-lasting for their relationship.

Visit <http://www.practiceimago.com/> to find an event near you!

Another way to celebrate is to spend a few minutes sharing with each other about the things you enjoy the most.

The Fun Factor simply involves you talking about having fun together – but with a twist which helps you feel more connected at the same time.

The twist is to use an approach which lies at the heart of Imago Relationship Theory, developed by Harville Hendrix, in his best-selling book "Getting the Love You Want" (<http://gettingtheloveyouwant.com/>). In the Imago dialogue, rather than just speaking to the other person, your partner takes time to mirror back your words. That way you can be sure your partner really took in what you shared with them – and your partner can really enjoy the great things you are sharing. It makes the conversation much more intimate, and makes the sharing more like a celebration.

To start, just sit facing each other. Maybe even take a moment to let your partner know you love them just by the way you look at them. Breathe for a moment or two.

Now take a look at the questions on the "Fun Factor" list. You may even want to spend some time first thinking about what you might say.

When you are ready one of you can lead with the first line by saying, "The fun times we shared that I remember most are....dancing on the beach during our vacation to Miami"

Then your partner will mirror back, and say "I hear you say that the fun times we shared that you remember most are dancing on the beach during our vacation to Miami"

Then it will be your partners turn to share... "The fun times we shared..."

Just continue down the list, taking it in turns to share and to mirror back. You might even want to check when you mirror by saying "Did I get that?" That might be nice when your partner shares things which seem very personal and important to them. When you mirror and check back, it really shows them how much you care about what they are sharing.

We're very grateful to Pat Love, EdD, Author of "Hot Monogamy" and "The Truth about Love", and an Imago Master Trainer, who provided the "Fun Factor" questions. This simple mirroring exercise is a first step in the Imago approach to strengthening relationships. For more information you can visit us at www.GettingTheLoveYouWant.com or www.PatLove.com



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THE FUN FACTOR

1. The fun times we shared that I remember most are. . .
2. Some of the silliest fun times we've had include. . .
3. A few fun things I like us to do together in the future are. . .
4. One of the funniest things I remember you doing is. . .
5. You really surprised me that time you. . .
6. If I had the nerve I would like to. . .
7. If I knew I couldn't fail I would. . .
8. One of the things you like to do that I could be more supportive of is. . .
9. I have the most fun with you when. . .
10. Something fun I haven't done for years is. . .
11. One way you could help me have more fun is. . .
12. I think I could be more fun if I. . .
13. One simple thing I could do to increase the fun in our relationship is. . .

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Get even more ideas of how to put the passion and fun back into your relationship
by reading Pat Love's books "Hot Monogamy" and "The Truth About Love."

Imago Relationships International 160 Broadway, East Building, Ste 1001 NY, NY 10038
800.729.1121 212.240.7433 www.GettingtheLoveYouWant.com