

HOMEWORK ASSIGNMENT NUMBER 3

This assignment needs to be done with no distractions. Therefore, let the answering machine take your calls, tape the TV show you want to watch and if you have children make sure they are safely tucked away for the night or out of the home.

Here are the steps to successfully complete this assignment.

- 1.) Each person will write five topics that are important for the couple to speak to each other about. There will be a separate piece of paper for each topic. That means when both have completed this part there will be ten separate pieces of paper with a topic on each piece. So they need to be small. Duplication is alright – that must be an important topic for the couple. Do not look at the other's topics.
- 2.) Place the ten topics in a bowl or hat and place it in the middle of the table.
- 3.) Place a timer on the table as well and set it for ten minutes.
- 4.) One person picks a topic out of the bowl and announces it to the other.
- 5.) Silence now. Start the timer and each writes in their notebook their thoughts on the topic.
- 6.) When the timer rings stop writing and hand it to your partner. Still in silence.
- 7.) Read what your partner wrote.
- 8.) Reset the timer for thirty minutes and start.
- 9.) Look each other in the eyes and talk about the topic with an attitude of understanding each other. Remember you are not trying to defeat your partner. You are looking for common ground to grow together. Sometimes it is necessary to hold hands at this time to minimize anxiety.
- 10.) Do this every day until all topics have been used then create more topics.