

Who do I want to be in this relationship?

Imagine that it's ten years from now, and you have gathered together your closest friends and relatives to celebrate the last ten years of your relationship. This could be a small intimate affair in your family home or a plush affair in a fancy restaurant. It's your imagination, so make it look how you want.

Imagine that your partner stands up to make a speech about the last ten years of your life together—about what you stand for, what you mean to him/her, and the role that you have played in his/her life. Imagine your partner saying whatever it is, deep in your heart, you would most like to hear. (This is not about what they would realistically say—it's about what, in an ideal world, you would love to hear them say.) Imagine them describing your character, your strengths, and the ways in which you have contributed to the relationship.

Close your eyes now and take a couple of minutes to imagine this as vividly as possible, then write answers to the questions below.

What sort of personal qualities do you want to bring into play in your relationship?

What character strengths do you wish to employ or develop?

How do you want to behave or act on an ongoing basis?

What do you want to stand for as a partner?

Suppose we asked your partner to describe the ten things he or she most appreciates about your character or personality. In the ideal world, what would you most love your partner to say?