



How we think we know what others think

Activity 1 Your relationship ideal

Consider what kind of relationship you would like to have.

What qualities are you looking for in your partner?

What would your interactions look like? List positive statements that describe your experience together, e.g.

We go on walks together.

We have a lot of fun.

We enjoy spending time with our mutual friends.

We hold hands when walking down the street.

We have interesting discussions.

We can resolve our conflict.

Activity 2 Your success indicators

Consider the indicators that you tell you that your relationship is going well. How will you know that the relationship is going well? Note down your indicators, by listing statements related to you, e.g.

I am laughing a lot.

I don't feel I have to perform.

I don't feel anxious.

Activity 3 Your relationship symbol

Now think of an image that would represent the relationship that you would like to have with your partner. Draw that image. Don't worry if it's not perfect. It is for your eyes only. This will be your representative symbol of the relationship you wish for.