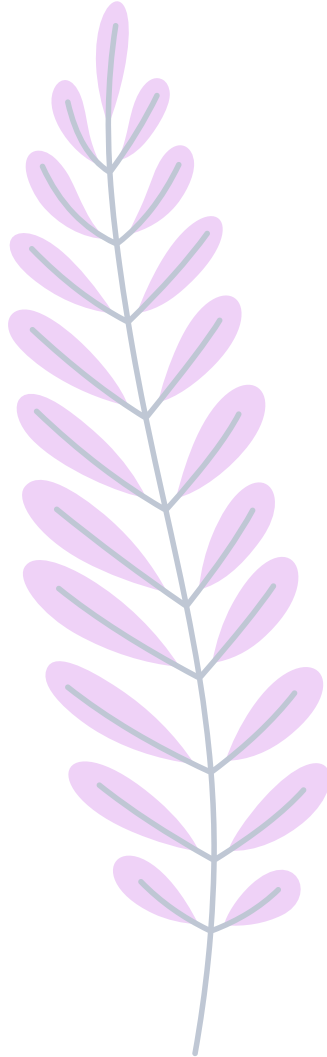
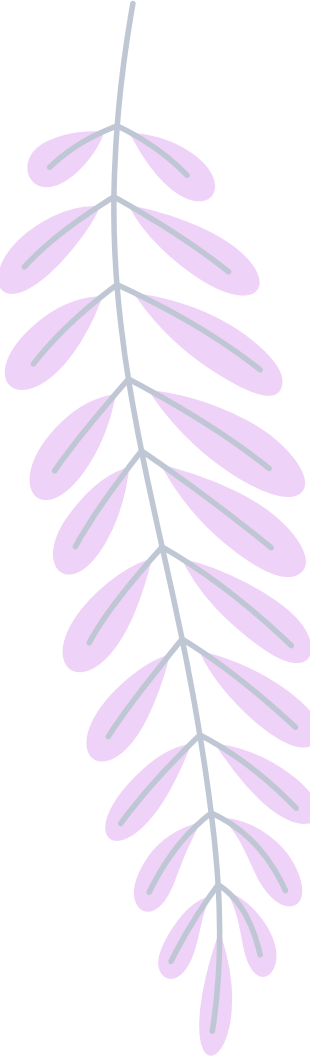


Companion Worksheets



Section 1

Written

Exercises



How to Use this Companion Workbook

This workbook companion is just one of the many extras we have created to thank you for purchasing *Revitalize Your Relationship Your Guide to Wild, Beautiful Love* by Erin Aquin.

These exercises are all explained in detail within the book so you will need to have your copy of the book handy when you go through each one to get the most out of it.

Some of the exercises are designed to do regularly (see the book for full details) and have companion videos and Masterclasses within the book bonus page.

When you are ready to take this work even deeper, you can learn how to work with Erin Aquin or one of her Coaches at:

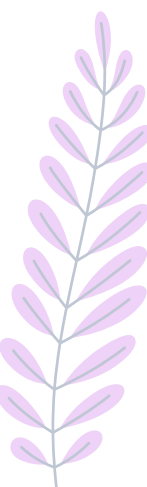
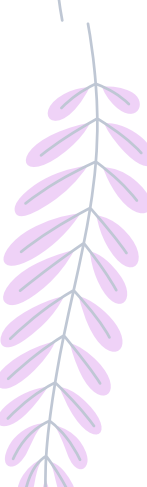
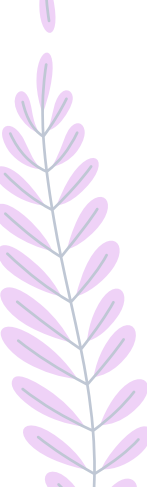
www.revitalizyourrelationship.com/consultation



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Retrain Your Hunting Dog Brain

1. What are my top three Default Beliefs about what makes a “good relationship?”
 2. What are three assumptions I make on a regular basis that are not helpful to my life?
 3. What are the top three expectations I have of my partner that are currently not being met?
 4. What do I make those unmet expectations mean about my relationship?
 5. What other evidence is my Hunting Dog Brain finding to support this?
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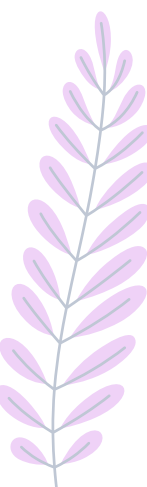


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Rethink The Fairytale Pt. 1

1. Where are the areas of your relationship where you are working well as a team?



2. What are the areas where you don't feel you are working together as a team?



3. If you were able to make improvements in those areas, do you imagine passion would be easier to cultivate?



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Rethink The Fairytale Pt. 2

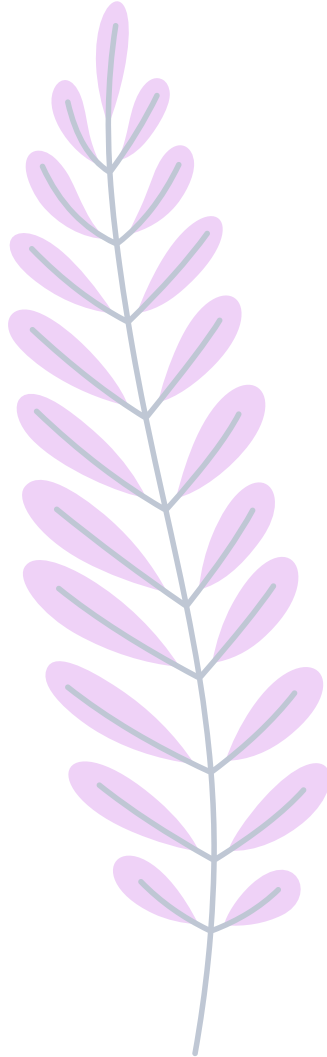
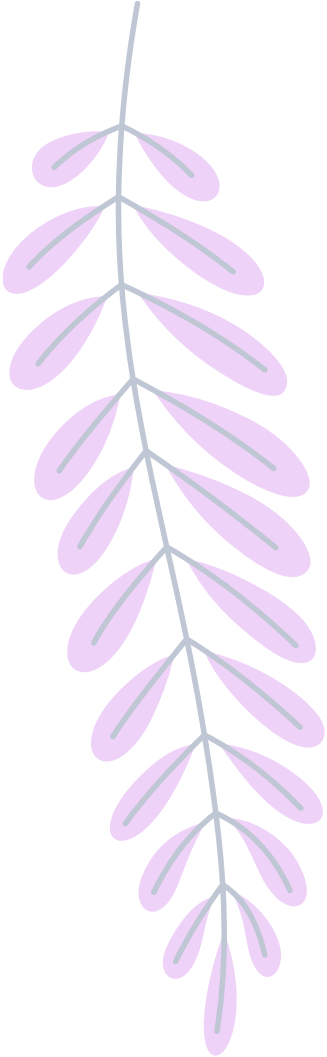
1. What if you and your partner are both allowed to experience negative emotions sometimes and you didn't make it a big deal?

2. What if you didn't have to paint on a smile and force a "nice" tone of voice with your partner just to avoid a fight?

3. What if you could tell your partner how you feel without trying to blame them or have them fix something?



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Section 2

Written

Exercises



Sex Brainstorm

1. What are your Default Beliefs about sex? What did you learn as a young person about sex from your family, culture, spirituality or religion?

2. What do you think about sex or physical intimacy with your partner?

3. Think back to the most mind-blowing or fun sexual experience you have ever had. Write down how you were feeling about yourself and the other person.

4. What thoughts and feelings do you genuinely want to have when you think about sex and intimacy with your partner? How different is this from what you are currently thinking?





The Missing Piece

Think back to the last time you had great sex with you partner

1. What were you thinking about them?

2. What were you thinking about yourself?

3. What thoughts have changed about yourself or them since that experience?

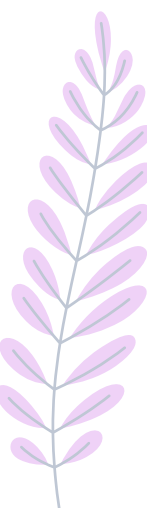
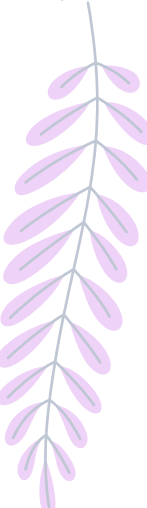
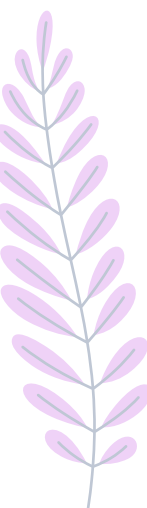
4. What are some of the obstacles you think are in the way of having great sex today?



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Creating a Dynamic Divide

1. On a separate piece of paper make a Master List of all the tasks you need to do on a regular basis.
 2. Decide as a couple how often each task needs to be done (i.e. meals 3/day, laundry 3 days/week, floor washing 1/week).
 3. Add any additional tasks you have coming up in the week ahead. This may include extra or seasonal cleaning, holiday or birthday meals, any pet or children responsibilities that aren't part of your regular week.
 4. Take turns choosing the things you each want to do. Any of the leftover tasks should either be outsourced or rotated between you.
 5. See the Organize Your Life Couples Masterclass in the book bonus section for detailed instructions on creating a regular dynamic divide.
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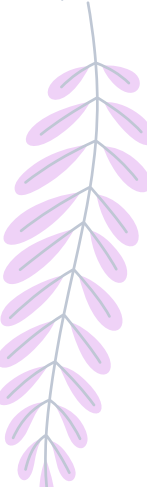


Uncovering Your Relationship Default Money Beliefs

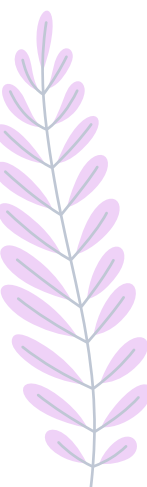
1. What do you personally believe about money?



2. Is money hard to make or does it flow easily? What makes you believe that?



3. Do you and your partner think about money the same way? What beliefs do you share? What do you disagree on?



4. Do you feel the need to ask your partner before you buy something? Why or why not?

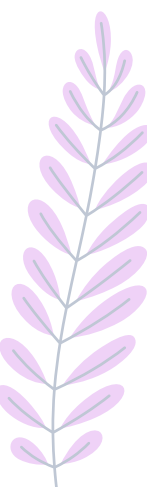


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Uncovering Your Relationship Default Money Beliefs (cont.)

5. How often is money a factor in your arguments?



6. Do you believe the money in your bank account is yours, theirs, or does it belong to you both as a couple? Why?



7. Do you prefer to make money decisions alone or together?



8. Are any of these beliefs creating a problem in your relationship right now? Why?



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What Values Do You Share

1. What are my top 5 core values?

2. Why are these my core values? How did I decide these were the most important ones?

3. What are my partner's top 5 core values as far as I can tell?

4. Why are these their core values? Where did they learn them?



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What Values Do You Share (cont.)

5. Do any of my core values conflict with my partner's?



6. Do we share any similar core values?

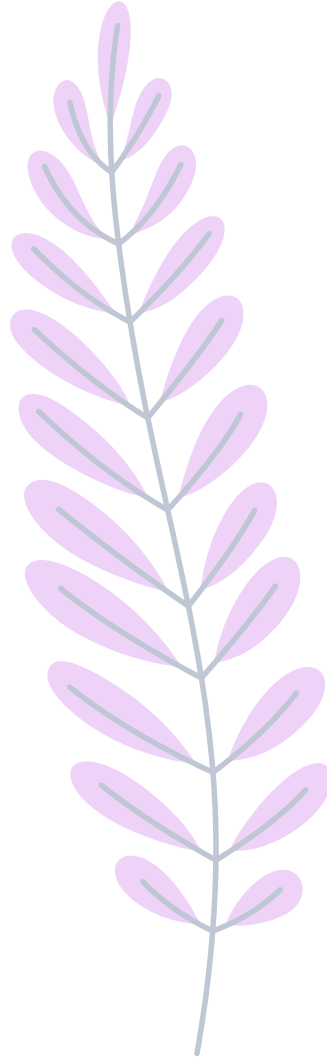
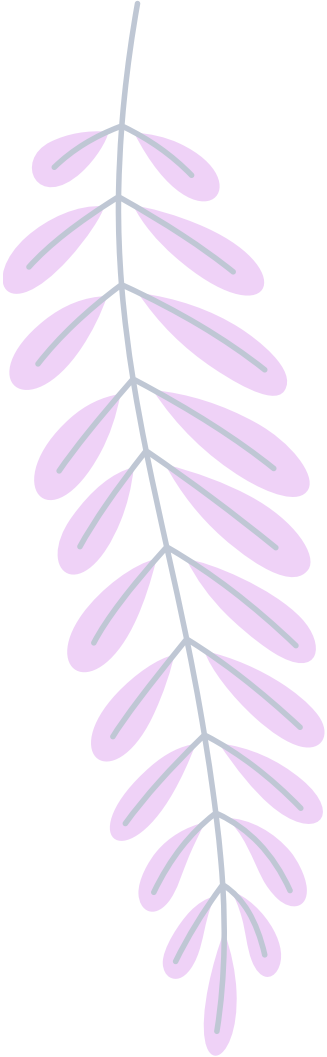
7. How can I/we use the values we share to manage the ones that we don't? (Be creative here. There is not a single answer)



8. How do I/we want to move forward in our relationship as two people knowing this?



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Section 3

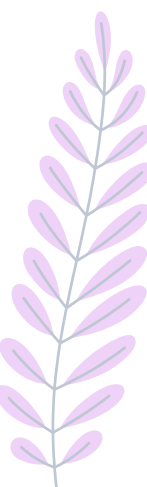
Written

Exercises



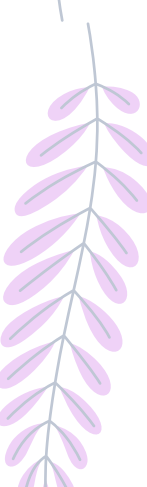
How to Coach Yourself

1. Set a timer for three minutes and start writing about whatever is on your mind. Write down your fears, your confusion, your worries. Use the pen and paper and drop it all off. This is your Thought Download.

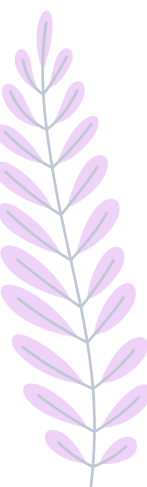


2. At the end of three minutes, have a quick read through of what you wrote and pick out one thought that causes you pain.

3. On the next page of your notebook, write the thought you are going to investigate and ask yourself any of the following questions that apply:

- 
- Is it true?
 - What am I making it mean about the other person or myself?
 - Why is it a problem to believe this thought?
 - What am I using this as evidence for?
 - Does this theme show up in other areas of my life?
 - Why does this cause me to feel pain?
 - How am I showing up in my life when I believe this thought?

4. Ask yourself the final question(s) of your session:

- 
- What if I am wrong about this?
 - What could I be missing here that might be helpful to recognize?





Thought Leap Discovery Exercise

1. Write what happened that you believe created a negative feeling for you:



2. What was the feeling you felt?

3. Take a breath. Slow down and write the thoughts you have that created this feeling.



4. In what ways are your own thoughts responsible for the emotion in question?

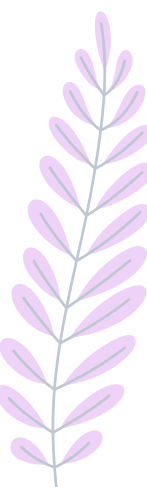


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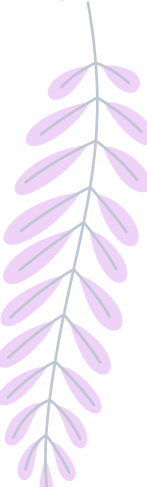


The Key to a Truly Clean Request

1. Why is this important to me?



2. Why is my partner's opinion, or willingness to help, important for making this work?



3. What are my plans for making it happen, even if my partner isn't on board?



4. Am I going to do this no matter what they say?



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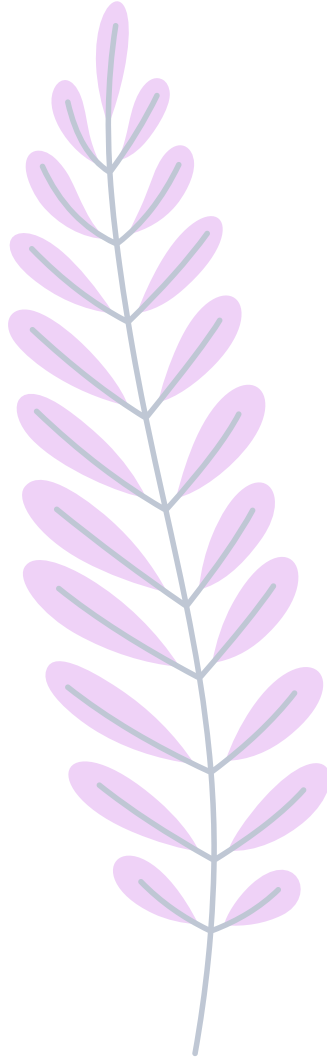
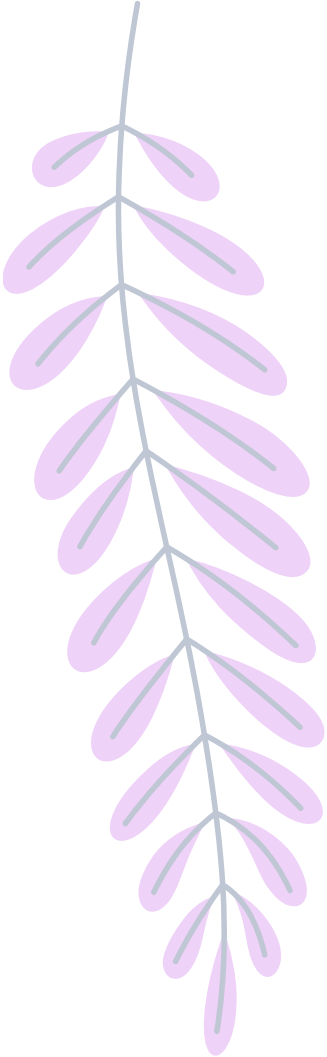


Brain Gymnastics

1. What did your partner say or do?
2. What is the Thought Leap you are making here?
3. What is the opposite of this Thought Leap?
4. What are three neutral or drama-free possibilities for why your partner said or did what they did?



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Section 4

Written

Exercises



Creating Your Self-Investment Plan

1. Going forward, how will I support my mental well-being?



2. How will I support my spiritual well-being?

3. How will I support my emotional well-being?



4. How will I support my physical well-being?

5. What is one thing I can do this week with my partner that will help me simply enjoy their company?



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Your Relationship Roadmap

What is the special magic that we create as a team—that we could not do without one another?



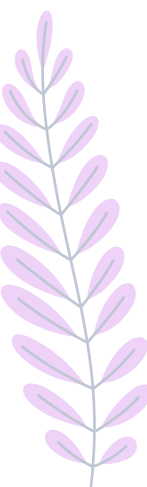
What is the purpose of our relationship?

What are the things we value together?



What is our next relationship milestone or goal?

What are our priorities as a couple?



How do we use our time and energy? Is that aligned with the things we listed as priorities for our relationship?



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