



# *Get Your Partner to Do What You Want*

*Become a Strong Partnership and Create a Well-Oiled Machine*

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*Workshop 12 Exercise*

**PARTNERSHIP**

**METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC**

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# *Get Your Partner to Do What You Want*

*Become a Strong Partnership and Create a Well-Oiled Machine*

*Personal Exercise*

## **BECOME A PARTNER**

### **Part I** **Feel Good**

Make a list of big/small accomplishments in the last month (i.e., eating more clean, exercising more, having more couple dates, eating more dinners together, received a raise, increased business revenue, completed a race, went to vacation, decreased work hours, are having less frequent and intense fights, recuperation time after fights is decreasing, stopped smoking, etc):

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Describe your typical fight or argument:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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How do you think this makes them feel?

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What does your partner do back (pursuing or distancing emotional behavior) when they get triggered that way?

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How does that behavior make you feel?

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What (pursuing or distancing emotional behavior) do you do back... ?

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What insight do you draw from this?

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What is your Stretch in your stuck dynamic? Be open minded and owning when you answer this... Where is your Growth place? What Part of you needs Developing?

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What is a new repeatable behavior you can implement to work your Stretch, that'll be pleasing to your Partner? Be specific and detailed:

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*Relationship math doesn't add up! So, don't even try to keep score or quantify how things are playing out...*

Make a list of as many of your partner's complaint about you as you can gather (use the back of the page if needed):

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

These don't mean you suck! These mean your partner is being triggered by your behavior... Identify how your partner is being triggered (their 20%...). What themes do you see?

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In their theme, how are you contributing to the stuck pattern? Don't make any excuses, be brutally honest:

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This is related to your Stretch work... Dissect this for insights about Growth places for you...

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*Know that even though you have this growing and maturing to do, that you are still awesome!! And, remember that your Partner is Gifting you with the opportunity for growth and providing the path to evolution...*

Pick an area to focus on from your insights above and explain how you are going to address this:

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Implement a richer self-care practice and fun activities to increase your positive personal vibrations and swag factor.

Capture your current self-care practice and add two more to your repertoire. Here are some things to consider having in place:

- Prayer
- Massage
- Affirmations
- \*Tapping (new!)
- Visualization
- Clean nutrition
- Meditation
- Hydration
- Journaling
- Exercise
- Yoga
- Support groups

Activity	Frequency	Schedule
<i>i.e., Yoga</i>	<i>3x/week</i>	<i>Mon/Wed/Fri at 6:30am at studio down the street</i>

## And for fun...

Activity	Frequency	Schedule
<i>i.e., Yoga</i>	<i>3x/week</i>	<i>Mon/Wed/Fri at 6:30am at studio down the street</i>

## Part IV

### Use Your Values to Enrich Your Lifestyle

*Complete the Values List handout at the end of this packet and use your selected values to inform your answers in this section.*

**My Top 5 Values are:**

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**Explain why these are important to you and how you are currently living by these:**

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Which value(s) have been neglected or can be weaved through your lifestyle more?  
How would you like to do that?

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Select two tools to start using immediately and describe in detail and specifically how you will apply them (allow your values to guide you...):

Drilling –

Groundhoging –

TimeMapping –

Relating Structures –

- Checkins
- Appreciation Dialogue
- Intentional Dialogue
- Synchronizing Meeting
- Family Meeting
- Couple Date
- Romantic Rituals
- Relationship Traditions
- Family Rituals and Traditions

Systems and Routines –

- Daily and weekly flow
- Intentional transitioning
- Self care and wellness practices
- Joint/Family Calendar
- Chores and responsibilities lists, calendaring, tracking, etc.

Tool 1: \_\_\_\_\_

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Tool 2: \_\_\_\_\_

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## Part V

### Nurture Your Connection

Identify junctures during the day when you can make small investments in your relationship bank and how. List specific behaviors you can do to give your partner TLC:

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List Your Main Takeaways:

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**Onward with Clarity, Certainty, Courage, Confidence & Conviction!**



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