CREATING A SHARED VISION BOARD

It’s often helpful to learn from people with more experience. Most of us never talk to others about how their relationships work.

Whether we choose to replicate the choices of our models, or create our own path, having clear input from others about creating healthy long-term relationships.

This guide will help you interview successful couples to learn from their strengths and to see new ways of being in your own relationship.

IDENTIFY RELATIONSHIP ROLE MODELS

Use these questions to get clear about the relationships you admire.

How do you define “successful relationship?”

How do you define a “healthy relationship?”

Think of successful couples you have seen on tv, in movies, or in the media. What makes them successful? What makes them stick out in your mind?

Think of three couples you know who have been successful, couples who seem healthy or seem to
share your core values. Write their names below.

1.

2.

3.

INTERVIEWING ROLE MODELS

Set up a time to connect with one of the relationship role models you identified. Let them know you want to ask them about their successful relationship. Write out their responses to the questions below.

If your relationship role models are fictional or have passed on, take a moment to connect their perspectives and use the prompts below to imagine what their responses might be.

Don’t forget to thank them for offering wisdom and being vulnerable with you.

ASK:

How do you define a ‘healthy relationship’?

What makes a successful relationship?

How did you meet your partner? What drew you to them in the beginning?
What keeps you close now? How have you maintained the strength of your connection? What happens when you feel disconnected?

What has been your biggest challenge together? What do you do to overcome challenges?

How have you grown in this relationship?

Who are your relationship role models? Who taught you about relationships growing up?
What relationship lessons have you had to unlearn?

How do you and your partner support one another?

How do you maintain balance in your relationship?

REFLECTIONS

Take a moment to reflect on the responses you've collected. What themes arose in your interview?

What would you like to learn more about?

What key take-away lessons will you apply in your own relationships?