

SECURE MARRIAGE OPENNESS ASSIGNMENT

HAND GRENADES

1. Sit Facing Your Spouse (Get Comfortable)
2. Hold Their Hands
3. Study Their Eyes
4. Allow Them To Study Your Eyes
5. Not A Staring Contest
6. Do It For TWO MINUTES Every Morning
7. Do It For FOUR MINUTES Every Evening, Then Answer The Following Questions:
 - a. What makes this exercise difficult for you?
 - b. What does it feel like to become more open towards your spouse?
 - c. What does it feel like when your spouse opens up towards you?
 - d. During your last fight, how open were you?
8. Do It For SEVEN DAYS Straight