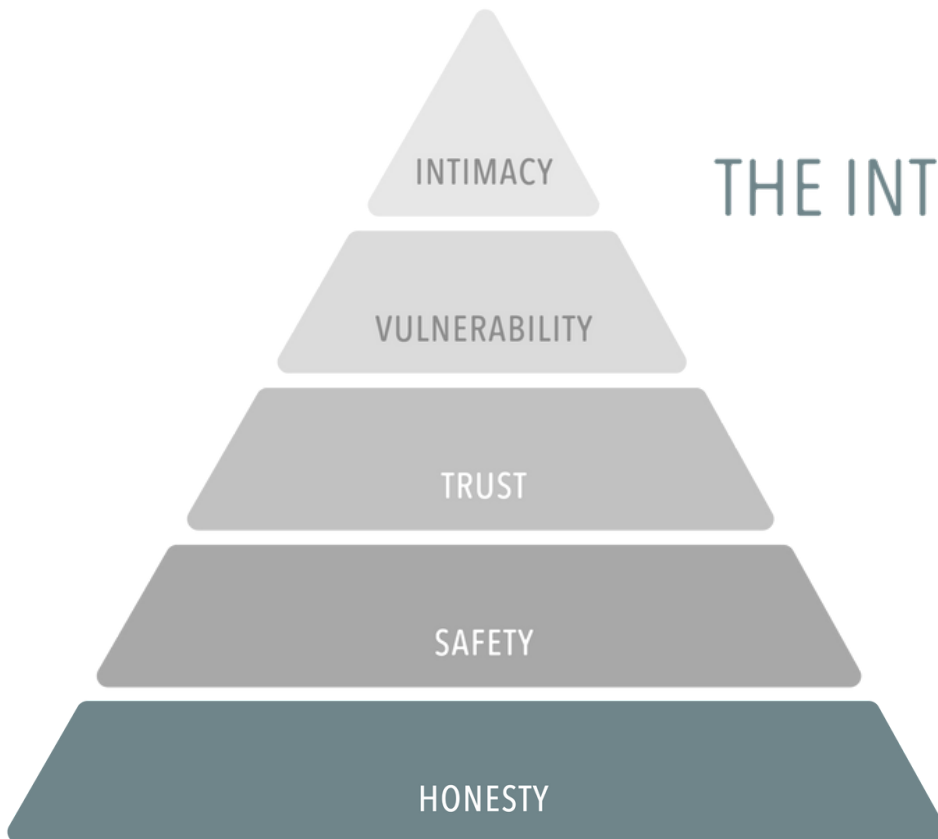


BUILDING HONESTY

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THE INTIMACY PYRAMID

This practice is for couples to help reconnect on a daily basis. We encourage you to schedule a time to complete this exercise towards the end of the day. Set aside approximately 10-20 minutes total to complete. The following will be done monologue style. One person will share all the way through the list without the partner interrupting or asking questions.

Then you will switch roles. As much as possible use only “I” statements instead of “you” and “we” where applicable. This exercise is designed to be done after a Full Disclosure and Recovery Plan are in place. If any part of this exercise proves to be difficult or harmful for you please reach out to your support team to adjust as needed.

HONEST CONNECTION

HONOR EACH OTHER

Begin by recognizing the efforts of your partner to nurture you, your relationship, your family today. You can also honor progress that your partner made toward their own goals. Share something specific that you noticed.

OWN YOUR STUFF

Take responsibility for your actions and own one way that you have neglect or hindered your relationship/family today. Where is a place that you personally struggled to make progress towards your goals. This can be something you have done, or something you failed to do.

NAME A NEED

Identify something that you are needing to make progress towards your health and the health of the relationship.. Practice awareness and assertiveness by stating what you need. Please note that sharing a need should never put demands or expectations on your partner. All sharing should also be sensitive to boundaries and specific phases of the recovery process.

EXPRESS EMOTIONS

Share with your partner 2-3 emotions that you remember experiencing from the day (can be both positive and challenging emotions, and do not have to only revolve around the relationship). Please refrain from attacking or becoming destructive because of these emotions. The goal is to gain awareness and clarity around what you are feeling daily and connect emotionally around these feelings.

SELF-CARE / SOBRIETY SHARE

Acknowledge what you did or did not do to care for yourself today either physically, emotionally, or spiritually. Individuals who have struggled with addiction or compulsive destructive behaviors should update partner regarding any changes/challenges to sobriety based on the established Recovery plan.

THANKFULNESS

End your portion by sharing one thing that you are grateful for from the day and why. You are encouraged to let your partner know that you have completed your final share so that they make take their turn or offer reflections.