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| **ISLANDS** |
| **Vulnerability****(**what bothers your partner) | **Antidote**(What to say/do to soothe your partner) |
| **Feeling intruded upon** | Approach quietly, rather than calling your partner by name.If your partner is busy, say, “I need to talk with you in a couple minutes,” and then leave.“Let me know when you’re ready. If it’s more than \_\_\_\_ minutes, I’ll start and you can join me. |
| **Feeling trapped, out of control** | “I need a few minutes of your time, and then you can get back to what you’re doing.“I can see you’ve had enough. Let’s pick this up later.”“You have a couple of choices here.” |
| **Fear of too much intimacy** | Pay attention to the level of intimacy with which your partner is comfortable. Ease into closeness.“Do you want me to stop?”“Is this annoying you?” |
| **Fear of being blamed** | “I so appreciate what you did, but you were out of line in this case.”I understand why you did what you did. Your heart was in the right place.”“Look, it’s now [all] your fault. And if it were, that wouldn’t matter to me.” |
| **WAVES** |
| **Vulnerability****(**what bothers your partner) | **Antidote**(What to say/do to soothe your partner) |
| **Fear of being abandoned by you** | “Don’t worry, I’m not going anywhere. You couldn’t get rid of me if you wanted to.“Please stay close to me. I want to be in close contact today.”“You are my tether”. |
| **Being separated from you** | Make use of technology such as text messaging. Nothing elaborate, just “hi” or “loving you” or “ugh, had a meeting” or any little comment that suggests “I’m thinking about you”.  |
| **Discomfort being alone for too long.** | “I’m looking forward to our dinner together tonight. I can’t wait to hear about your day.”“Call me if you need to talk”.“I promise I’ll call you as soon as we land, even if it’s late.” |
| **Feeling he or she is a burden** | “You’re no more of a burden to me than I am to you!” I love that we know exactly what to do to take care of each other.”“You are one burden I’ll always enjoy carrying. |

 **Ideas for pleasing your partner**

1. Make that person smile.
* Draw on your knowledge of that person and try to anticipate what could do that.
1. Say something complimentary that would profoundly move him/her
* Not a big long sappy speech but something shorter that speaks to their intrinsic worth - that flies in the face of their insecurities or limiting beliefs
* Would you know what you could say?
1. Finally do or say something that causes that person to get excited.
* What kinds of things could do that for that person?
* Hints: What are their passions, what matters to them, what do they love and care deeply about?

 \*Try doing this without asking that person for their help. If you fail miserably – consult with them.

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**