

# Here are seven 'relationship vocabularies' that deepen our connection:

- sincere compliments,
- mutual encouragement,
- quality time together,
- just because gifts,
- sharing responsibilities,
- loving and respectful physical contact, and
- shared curiosity so you grow together and not apart.

*Which ones are most important to you -- both in your relationship with others and with yourself?*

CLARIFY!

CLARIFY!

CLARIFY!

People cannot  
be held  
accountable for  
what they do  
not know!

Spiritual  
Practice

# Relationships Activity



Make a list of the people who are most important to you right now.



Spiritual  
Practice


# Relationships Activity


Make a list of the people who are most important to you right now.


For each person, identify what you “count on” from them.


Spiritual  
Practice


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 For each person, identify what you think they “count on” from you.





Spiritual  
Practice

# Relationships Activity






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-  For each person, identify what you “count on” from them.
-  For each person, identify what you think they “count on” from you.
-  Think about your relationship with your Higher Self, and answer the same 2 “count on” questions.
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Spiritual  
Practice

# Relationships Activity



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- For each person, identify what you “count on” from them.
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- For each person, identify what you think they “count on” from you.
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- Think about your relationship with your Higher Self, and answer the same 2 “count on” questions.
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- Spend time reflecting on how you experienced this activity, and what actions you want to take.



*Maybe I don't know that much,  
but I know this much is true ...  
I was blessed because I was  
Loved by You!*

(Celine Dion)



*I bring the  
poise of my  
Divine Nature*

*to the noise of  
outer circumstances!*