

## DECK OF TRUMPS FOR COUPLES – FORMULA FOR CHANGE

*In the preceding formula (Deck of Trumps for Couples) you answered many questions. You characterized how you imagine a successful and satisfying relationship. You reminded yourself of some of the moments in your life together when you were convinced, even to some degree, that you both have been creating a successful and satisfying relationship. You also defined your own abilities, skills, talents and advantages that could be helpful to you both in creating a successful and satisfying relationship. It may be that you found out that, to some degree, you're already creating a successful and satisfying relationship.*

*If you want to continue preparing and introducing further changes in the process of improving your relationship you may go on to the questions specified in the following formula.*

1. On the scale from 1 to 10 where 1 means: "currently at a low level we're creating a successful and satisfying relationship" and 10 means: "currently to a large extent we're creating a successful and satisfying relationship", (re-) estimate your present level in this area of your life.

1	2	3	4	5	6	7	8	9	10
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2. On the basis of: a) your and your partner's imaginations about what a successful and satisfying relationship looks like and how it works out, b) moments from your past, when you were convinced, even to some degree, that both of you were creating a successful and satisfying relationship, **please imagine in the near future a moment when you'll be able to estimate the situation in your relationship a little bit higher than you've done it on the scale above.**

In what way will the future situation between the two of you be different from the present one? What will place that moment on a higher level than it is now?	
What will you be doing; what will be favorable, helpful, useful for your relationship?	What will your partner be doing; what will be favorable, helpful, useful for your relationship?

3. Now on the basis of your answer on Item 2, consider and write down the first two or three things you can do to move you up on the scale. These are steps which make it possible to say in the near future: "We're a little bit higher than we were a short time ago!" Write about: what, where, when, how, in what way - you'll be doing things differently, who will help you and how, and what sort of thoughts and feelings you have that will be helpful in taking these steps. As you will notice, this Item is mainly about your activities, but you can also talk with your partner about the things you like her/him to do to make your relationship more successful and satisfying.

Step 1
Step 2
Step 3

*If you now know what to do, put down this formula in a safe place and go do it! After all, you're able to influence some things in your life! Try to notice even the smallest signs of change - these are small parts of a big change. Do what works! (After taking some actions you can move to item 4 in this formula.)*

4. In accordance with my planned steps, I've undertaken the following activities, which have brought the following changes: *(you can also observe and write about activities undertaken by your partner)*

<i>About me</i>	
<i>What I've done and how</i>	<i>Changes influenced by my activity</i>

  

<i>About my partner, what I've noticed that she/he has done</i>	
<i>What my partner has done and how</i>	<i>Changes influenced by my partner's activity</i>

5. Presently I estimate our situation on a scale from 1 to 10 to be at a:

1	2	3	4	5	6	7	8	9	10
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**Now, please, talk with your partner about the answers you both have given on particular questions. Think about how these answers will be useful and helpful for you both, and for your relationship!**

***If both of you want and it's possible to introduce further changes into your relationship to make it more successful and satisfying, please take a new "Formula for Change" and continue your work together of introducing desired changes and achieving your goals! Good luck!***