

# THE LOVE SCOUT

*Relationship Therapist*



## RE-CALIBRATION

This is a relationship inventory tool. It will create space for you to catch-up, clear out and tune in to you and your partner's needs and wants in order to cultivate the best relationship.

### 1. Preparation

Make sure you and your partner have eaten, peed and napped. Make sure neither of you is feeling angry or tired. Remove all distractions from the environment. If you can't meet these standards, reschedule for a later date.



### 2. Meditation

Take 5 deep breaths. Look into your partner's eyes. Place your right hand over their heart. Place your left hand on top of your heart so you can feel their heart beating and they can feel yours. Take 5 deep breaths together and look into each other's eyes.



### 3. Intention

Discuss the intention for this particular recalibration. Do you wish to simply share your feelings and be heard? Are you looking for advice? Is there a specific issue you want to address? Be clear with the intention of the communication.



### 4. Pledge

Read aloud with your partner. "I pledge to listen actively, assume good intent, and lean in with love. I will respect and honour my partner even if I feel challenged. Hard chats are good chats as they strengthen the relationship. We are living the art of conscious relating "



### 5. Life

Discuss the following points with your partner.

- Family
- Household
- Money
- Work
- Travel



### 6. Intimacy

Discuss the following points with your partner.

- Health
- Sex & Sexuality
- Emotional needs
- Communication
- Arguments



### 7. Time

Discuss the following points with your partner.

- Quality Time
- Personal Time
- Projects
- Miscellaneous
- Gratitude



### 8. Re-connection

Now is the time to come back to your partner after your emotional labour and relationship cleaning.

You can hug, kiss, spoon, massage or make love. Do something that will unite you again and solidify the emotional bonding in a physical way.

