

UPDATING YOUR MAP

*The person you love is still growing.
Strong relationships continue learning.*

Many couples know who their partner was.
They remember the person they dated, the person they married,
or the person they were before major life transitions.

But people change.

New responsibilities emerge. | Stressors evolve. | Dreams shift. | Priorities change.

One of the most important relationship skills is regularly updating
your understanding of who your partner is today.

The goal is not to guess correctly.
The goal is to stay engaged in the process of discovery.

REFLECTION EXERCISE

*Before discussing with your partner, answer the following questions
based on your best understanding of them today.*

MY PARTNER'S CURRENT PRIORITIES	MY PARTNER'S CURRENT STRESSORS	MY PARTNER'S CURRENT GOALS OR HOPES
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

PARTNER CONVERSATION

Compare your answers together.

What surprised me most?

What feels most important to you right now?

CLOSING THOUGHT

*The person you met years ago still exists.
But they are also becoming someone new.
Keep getting to know them.*

