



Date: _____
Your Name: _____
Partner's Name: _____

Our Relationship Vision

Building a strong relationship starts with understanding what matters most to each of you. This exercise helps you explore your shared hopes and values.

HOW TO USE THIS EXERCISE

- Take turns completing each step.
- Use the Imago Dialogue format: One person speaks while the other listens with empathy.
- No interrupting, no defending, no fixing — just listen.
- Then switch roles.
- Be gentle, stay curious, and honor each other's experience.



1 WRITE YOUR SENTENCES TOGETHER

Take turns completing the following sentence in the present tense, as if it's already happening.
Example: "We have fun together." "We are loving parents."
Write each sentence in the present tense, as if it were already true for your relationship.

YOU		YOUR PARTNER
1. _____		1. _____
2. _____		2. _____
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____
6. _____		6. _____
7. _____		7. _____
8. _____		8. _____
9. _____		9. _____
10. _____		10. _____

2 SHARE & UNDERLINE TOGETHER

Share your sentences with each other.
Underline the items that you have in common.
(It doesn't matter if you used different words, as long as the general idea is the same.)



3 RANK YOUR TOP TWO

Each of you chooses the two items that are most important to you right now. Write them here.

YOU		YOUR PARTNER
1. _____		1. _____
2. _____		2. _____

4 CIRCLE YOUR SHARED TOP TWO

Circle the two items that are most important to you both.

5 REFLECT TOGETHER

What do you notice about your shared values? How do they align with the relationship you want to build?

 *Small conversations today,
stronger connection tomorrow.*

This exercise is adapted from the Imago Relationship Therapy process developed by Harville Hendrix, PhD, and Helen LaKelly Hunt, PhD.



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EXAMPLES TO INSPIRE YOU

Here are examples of relationship vision statements from the Imago process. Use these as inspiration, not a checklist.

- We have fun together.
- We communicate easily and openly.
- We trust each other.
- We settle our differences peacefully.
- We are each other's best friends.
- We are physically affectionate.
- We support each other's dreams.
- We feel safe with each other.
- We meet each other's deepest needs.
- We create a warm and loving home.
- We grow and change together.
- We laugh often.
- We respect and appreciate each other.
- We are a team.



6 EXPAND YOUR LIST (OPTIONAL)

Add any additional sentences or dreams that are important to you but didn't come up above.

YOU		YOUR PARTNER
1. _____		1. _____
2. _____		2. _____
3. _____		3. _____
4. _____		4. _____
5. _____		5. _____
6. _____		6. _____
7. _____		7. _____
8. _____		8. _____
9. _____		9. _____
10. _____		10. _____

7 OUR SHARED PRIORITIES

From your circled top two (page 1), what are 1-3 shared priorities you want to focus on growing together?

1. _____
2. _____
3. _____

8 TURNING OUR VISION INTO ACTION

What is one small step we can each take this week to live more in alignment with our shared vision?

I WILL:		MY PARTNER WILL:
_____		_____
_____		_____
_____		_____



*The goal was never perfection.
The goal is connection.*



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