****Emotional Presence Exercise

**In this very moment, how connected do you feel with your partner emotionally?**

**Would you describe your relationship as a vessel of vulnerability, a place where you each can feel safe to share, even when it’s anxious, scary, or uncertain?**

**In this activity, you will gain the perspective of understanding that building secure attachment is not based on a perfect level of vulnerability, but rather a consistent space for connection and understanding.**

**We WILL make mistakes in the lifetime of the relationship, but how can we overcome these moments when we’re left feeling alone, disconnected, dismissed, or unsure of where to go?**

*Starting this together, I will ask that you physically attune to what’s happening in your body throughout the activity.*

*You will serve as a catalyst of connection for your partner, as you each take turns to ask one another the following questions regarding your connection. The partner responding will close their eyes as you ask one another these questions. If it’s more comfortable, you can keep your eyes downcast as you listen to your partner asking these questions.*

1. When you started to explore our connection, what really drew you to me?
   1. Now ask, what happens physically in this moment when you think about this response?
2. When you think about big moments in our relationship, what have been some of the amazing moments that we have shared together?
   1. Ask again, what happens physically in this moment when you think about this response?
3. When we have experienced difficulties in our relationship, how well do you think we are able to work through these moments together?
   1. What happens physically in this moment when you think about this response?
4. What are ways that you believe we could better communicate with one another during times of conflict or misunderstanding?
   1. Does anything change within your body when you think about this answer?
5. Now, ask your partner,
   1. What keeps you anchored to the connection we share? (but allow your partner to sit with this question without a verbal response)
   2. When they’ve had the time to think about their response, ask them to look you in the eyes and spend a minute gazing at one another. You may find that often we miss out on this physical kind of attunement to our partner.
   3. Without reaching for your partner’s response, let them know what you feel and see when you look into their eyes during this time together.
   4. When you’re ready, you can both share about this experience and what it feels like to connect in this way with one another.
6. Repeat for the other partner.

You can make time to attune with one another in this way throughout your relationship. In times of conflict, even when we’re unsure, uncertain, anxious, or scared, we can forget to slow down. I hope this activity will give you the space to do just that.