

DAY 9

“What you think you become, what you feel you attract, what you imagine you create.” – Buddha

Your task for today is to think about your partners emotional bank account as well as your own. Ponder these questions and share with your partner.

How many deposits do you make vs how many withdrawals?

Are you aware of all the deposits your partner is making?

Are there any significant withdrawals your partner has made that impacts your ability to see their deposits? Have you ever shared with your partner what significant withdrawals have affected your trust or feelings about the relationship?