

Hi Low Exercise

I have found that couples who reminisce about the recent past are better equipped to deal with big differences when they emerge. Some couples call this activity “Apples and Onions.” I suggest that you do the following:

1. Scan for the point when you felt closest to your partner, or most enjoyed your connection. Also think back and find the moment when you felt the most disconnection or pain in your relationship.
2. Take turns alternating first your high points and then your low points. These moments of sharing are for the purpose of building your love maps, not having an argument with one another. Simply thank your partner for sharing.
3. If you do this frequently, you will begin to have a very good idea of what helps your partner to feel loved and what does not. Even if the low point was not especially low (for example, “when you got a spoon but didn’t ask me if I needed one”), you must still find it and share it. This is because learning of a low point that was not problematic can boost morale and it also gets you into the habit of bringing up difficult material on a regular basis so that it can be worked through together, rather than coped with silently.
4. Then end the activity with three things you appreciate about your partner. Try to be surprising in what you say, rather than appreciate the same things routinely. Try to be vulnerable about what truly helped you or privately turned you on.
5. If the low point has been especially hard, work through it using a template such as the Aftermath of a Disruption (see tools).

Ask each other:

How often shall we do this?

Where shall we do this?

How do you want me to respond when you tell me your high point and low point?