

State of the Union Meeting

The goal of the State of the Union (SOU) meeting is for both partners to better understand (NOT necessarily agree with) each others' experience of the relationship. The idea is to hold a brief (it can be as quick as 5 minutes to start out) regular weekly meeting in which both partners communicate their own honest perspectives about the current state of the relationship and answer the following three questions:

1. What is something that's going well in our relationship?
2. What is something I'm having difficulty with, in our relationship?
3. What is something that you (i.e. you're telling your partner about what s/he has done) have done recently that helped me to feel loved/cared for/connected?

Here's what NOT to do during the SOU:

- Bring up issues from the past – focus on the current state of your union
- Try to convince your partner why you are right or try to “fix” the issues discussed
- Get defensive, make excuses, or invalidate each other – just listen and work to understand
- List things that you think your partner is doing wrong