

Repairing Your 'Broken Heart'



3 Steps to a Loving Relationship - Repairing Your 'Broken Heart' (Blog 3 of 3).

The following exercise may open up discussions about what you want to build on and expand within your loving relationship.

Materials: Broken Heart

Time: 10-15 minutes

Activity:

Choose a Broken Heart. Remove, pull apart and separate out the pieces far enough to represent your relationship as you are experiencing it now. As you both position the pieces of your Broken Heart, moving them, you may be

thinking about your own and your spouse's feelings of hurt, sadness, betrayal or brokenness.

You may be asking yourself: Does the Broken Heart we are setting out capture and accurately reflect the state of our current relationship?

If so, what do you want to say to your Broken Heart to repair it?

What are the positive aspects of your relationship that you would want to build on and expand? Are there things you really appreciate about your relationship?

In bringing the pieces back closer together, be curious about where you are positioning your Broken Heart. What steps have you already taken to repair your Broken Heart?

Reflection:

Your reflections can be kept personal or shared with your therapist as you uncover what you want for your own couple counselling journey and what your hopes and dreams are for you in the future.

Later on in your counselling journey, you may want to re-visit this exercise, drawing the pieces closer together as you are repairing your Broken Heart more fully.

If you can agree to re-visit this exercise you give yourselves an opportunity to mark the changes you have already made at this particular point in your counselling journey on the way towards bringing about the loving relationship you want – to love and be loved.

While this Blog does not replace couple counselling, you may find it interesting and useful, leaving you with the option of taking up couples counselling with me. I would, nevertheless, recommend that you contact a professional therapist if, for whatever reason, any of these materials raise any issues for you.