What are your relationship goals? (I will have additional homework to help expand the exploration and sharing you create here. This is to get us going!)

I'd like you to free form write down what your relationship goals are - on paper first, using a pen and paper - as it's been proven in studies that greater integration and revelation occurs when tacitly using a pen and paper to freeform write. THEN type up your notes here. (Yet another layer to integrating.)