

# **weekly affect dyad exercise**

Please try to do this 10 minute exercise pretty much every day for a week. Each time, just before you contact the person you're partnered with, note down how 'connected' (1 to 7) you currently feel with them using the *interconnectedness scale* (see over the page). This is your *current sense*, not how you feel about the relationship in general. Then for 5 minutes one of you talks and the other listens. For the second 5 minutes you swap roles. Day by day try to take turns with who talks first and who second. The speaker takes the first 2½ minutes (approximately) to talk about a situation that they experienced as difficult in the previous 24 hours. The listener times them. Then for about the next 2½ minutes, the same speaker talks about a situation in the previous 24 hours for which they were grateful. The listener says when 5 minutes is reached. The roles then swap over for the second 5 minutes. When listening, please do so attentively & empathically but don't give verbal or non-verbal feedback. When speaking, please focus on emotions & bodily experience without engaging in abstract reasoning or interpretation. For the listener, the aim is to practise empathic attention. For the speaker the aims are both to observe difficult emotions and their effects on the body and also to develop a sense of gratitude and good feeling. The 10 minute exercise now finishes. On your own – if you were in contact via phone or computer, this will be when you have rung off – jot down using the 1 to 10 scale below how low to high you felt your disclosure was and how low to high your partner's disclosure seemed to you. Then note on the 1 to 7 interconnectedness scale (see over), how connected you now feel. Feel free with both these scales to use half numbers as well as whole. Then in the right hand column jot down any comments, lessons or intentions that emerged from today's exercise. After two or three days & then again at the end of the week, take a bit more time to discuss together anything helpful that you feel is emerging from the exercise for you ... and for them.

*extremely low  
disclosure*

*extremely high  
disclosure*

1      2      3      4      5      6      7      8      9      10

<i>who with:</i>	<b>connect- edness 1-7 (pre)</b>	<b>self disclosure 1-10</b>	<b>other disclosure 1-10</b>	<b>connect- edness 1-7 (post)</b>	<b>comments what learned intentions</b>
<b>day 1</b>					
<b>day 2</b>					
<b>day 3</b>					
<b>day 4</b>					
<b>day 5</b>					
<b>day 6</b>					
<b>day 7</b>					