

SHARE Agenda

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Questions to Discuss

- On a scale of 1 to 10, 1 being "Light" and 10 being "Unbearable," how heavy has the mental load felt this past week?
- On a scale of 1 to 10, 1 being "Fair" and 10 being "Not at all fair," how fair has the mental load felt this past week?

Share Perspective

- What perspective do you wish I had about you this week?
- What perspective would help me see you more accurately this week?
- Anything I could improve to be more on PAR (*pursuit, appreciation, reliability* for women, or *peace, affection, respect* for men)?

Share Expectations

- What expectations do you have for this coming week?
- Any expectations that went unmet last week?
- Any expectations that need to be leveled up, let go of, or lightened up?
- Do you need to rewrite the story you're telling yourself about me? Or about yourself?

Share Ownership

- How have we been taking more initiative? How have we been speaking up about what we need?
- What ownership needs to be taken around asking, action, or appreciation?
- What data have you collected this week?

Share Accountability

- How are we showing up in our relationship this week? Do I need to offer you any information about this (e.g., "I'm stressed about an upcoming deadline")?
- How are we speaking to one another? Do we owe each other an apology?
- Are things being done to our agreed-upon "good enough" standards? Is there any training necessary?

What Tasks Need to Be Discussed For the Upcoming Week?

- Divvy up
- Delegate
- Drop

Check In on Your Sex Life

- How is our overall feeling of closeness this week? What's one goal to increase feelings of security and love?
- How connected is our sexual relationship this week? What's one goal we have for this week to enhance our sexual relationship?
- What is one goal for our relationship this week?