

# Touchstone Meeting

Meet weekly

Alternate leadership

The leader is responsible for scheduling and running the meeting, and for setting the tone of the time together.

Lasts no longer than an hour.

All complaints are held for the Touchstone.

## The steps:

### 1. **Clearing** – expressing appreciation and any complaints

This section should be succinct and brief

**First, give some time and attention to expressing what DID work well** between you during the week. Be as specific as possible.

**No more than 3 ‘complaints’.**

Must come from the prior 7 days.

Given in specifics of behavior.

**XYZ Approach:** “When you did X, I felt Y. Next time I would really appreciate it if you would do Z.”

NO discussion. Watch for defensiveness.

Remember the wisdom of ‘Two equally-valid subjective realities’.

(Discussed more fully in my blog, [Honoring your Partner’s Subjective Reality.](#))

Clarifying questions only.

Each person writes down their partner’s complaints.

### 2. **Taking care of life’s logistics.**

### 3. **Growing our relationship**

This is keeping your finger on the pulse of your relationship – are we on track with where we want to go together – emotionally, sexually, financially?

- This is a time to set goals, if that is what appeals to you.
  - Use this time to keep track of your progress toward that goal together.
- This is also the time to talk about patterns, cycles or issues you’re working to shift, which may have surfaced that week.
- Ask:
  - What worked?
  - What didn’t?
  - What can each of us do differently?
  - Write it down.
- Good place to ask one another, “What are you needing from me right now?”

### **Admiration and Appreciation**

Find some way **EVERY DAY** to genuinely communicate affection and appreciation toward your spouse for all that he or she carries.

‘Speak’ your spouse’s love language.