

Fantasy Marriage Exercise

This homework assignment is as follows:

What I would like you to do is to take some time to think about what you would consider a “Fantasy Marriage”. What are the components you would identify as critical components for a marriage to be strong and successful?

The exercise is not meant to identify issues in your own relationship, what your partner might not be providing in relation to your needs. The focus should be more generically, what you thought about growing up, what you were looking for when you started getting involved in relationships, and perhaps the things you spoke about before getting engaged and then married.

Part of the purpose is to begin to communicate about hopes and dreams in a marital relationship going forward.....It’s about getting on the same page and speaking the same language.

Adapted: Gottman Institute