

## Transitions Exercise

Transitions from/ to together and alone.

Instruct couple to move towards each other and stand face to face together or hold on to each other for as long as it feels like they should.

When it feels right, one of them moves apart/lets go. They then move away from each other, turn and face the other direction and stand alone. Stand alone facing away from each other until it feels right to initiate togetherness again.

Come together again and stay together until it feels like it's time to let go. Move apart, turn and stand alone.

(Repeat for a total of 3 times)

Write your observations.

Help clients notice what thoughts, emotions, body sensations come up in them.

What do they observe about themselves? What do they observe about the other?

What do they observe about their interaction?

Who wanted to hold on longer?

Who wanted to initiate contact again sooner?

What are transitions like for them? What support do they need?