



CENTERSTONE

Wellness Program

The Four Questions Relationship Challenge

It's back to school time for the kids, but what about a task for the adults? How about a back to basics relationship check up? If you are ready to put your marriage or relationship to the test, then you are ready for the Four Questions Relationship Challenge.

This challenge is not for wimps, overly sensitive types or other adults who have become comfortably stagnant in their relationships. This connection check up is for couples who want to take their relationship to a higher level and reveal opportunities for maximized growth, amplified intimacy and a powerful partnership.

The instructions are simple. There are four questions each person asks their partner. Questions are asked one at a time with the questioner being open to hear the responses. Both people are challenged to ask the questions and then carefully consider the open and honest response from their partner. The real challenge is to commit to meeting the needs and requests from each other.

Here are the questions:

1. What is something I am currently doing that you would like me to **do more**?
2. What is something that you would like me to **do less**?
3. What is something new you would like me to **start doing**?
4. What is something you would like me to **stop doing**?

Here's a tip – answer each question with something that is realistic but would also mean a lot to the person making the request. Also, begin the challenge during happy times, not in the middle of disagreements.

Here are some examples of possible responses.

Do more

- I would love it if you would make that great lasagna more often.
- It would mean a lot if you would help more with folding the laundry.

Do less

- If you could spend a little less time on the computer, we could tackle that house project.
- If you could spend half as much money per month on clothes and shopping, our budget could be more workable.

Start doing

- If you could start calling me when you're on your way home that would help me with planning dinner.
- If you could start cleaning the dishes after dinner on nights I cook, that would be super.

Stop doing

- If you could stop verbally putting me down in front of others, I would appreciate it.
- If you/we could stop arguing in the front of the kids, we would all benefit.

If each partner shares their requests with respect and with a true desire to become closer by meeting the needs and desires of each other, then the relationship can be enriched beyond belief. It only takes four questions to begin developing and deepening your relationship.

Centerstone (615) 460-HELP (4357)

About Centerstone

Centerstone (www.centerstone.org), a not-for-profit organization is the nation's largest provider of community-based behavioral healthcare. With a history that spans over fifty years, Centerstone provides a full range of behavioral health and related educational services to more than 64,000 individuals of all ages and their families annually. Children, adolescents, adults, seniors, and families all receive help from a multitude of different programs in more than 120 facilities and 150 partnership locations in Tennessee and Indiana. Centerstone is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) in Tennessee and The Joint Commission in Indiana. For more information about Centerstone, please call toll free at (888) 291-4357.

About Susan Gillpatrick, MEd, LPC, CTS

Susan Gillpatrick, Centerstone Crisis Management Specialist, primarily works in the field with clients in critical incident response situations, and in Centerstone's wellness trainings and presentations. She is also responsible for planning and implementing marketing and growth strategies for Centerstone's Crisis Management Strategies.

In recent years, Ms. Gillpatrick worked for the Shelby County Government Victims Assistance Center in Memphis. There, she co-developed a model program for the state of Tennessee entitled, "Homicide Response." Her work in this area received the 2000 Achievement Award from the National Association of Counties.

Ms. Gillpatrick is a Licensed Professional Counselor, Certified Trauma Specialist, Certified Workplace Conflict Mediator, and Mental Health Service Provider in the state of Tennessee and a National Certified Counselor. She is also a member the American Counseling Association, the Association of Traumatic Stress Specialists, the Tennessee Mental Health Counseling Association, and the Middle Tennessee Employee Assistance Professionals Association. She is a frequent presenter at local and national conferences, and has had numerous articles published. She received her Master of Education degree in Human Development Counseling from Peabody College at Vanderbilt University.