



## **Module 5: Seeing the Gifts and Challenges of Intimate Relationships**

**Video 5-3 Exercise 5-1 Journal about this process.**

Please go to the downloads for Exercise 5-1 and write about your experiences with this process. Has it been successful in any way? Make a note of your inner shifts.

Make a note of outer shifts – people and/or circumstances that have changed as a result of this process.