

Find Romance that Stands the Test of Time with Imago Therapy

10 Point Checklist

Harville Hendrix & Helen Hunt

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



"We have a culture of people who've been shaped to talk, and no one rewards you if you listen well. So we actually don't know how to listen, often."

HELEN LAKELLY HUNT & HARVILLE HENDRIX

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Identify your own tendencies during conflict. According to Imago, you are either the minimizer or the maximizer in a relationship.
- When feelings of hot romance begin to fade in your relationship, it is not due to an ultimately doomed relationship. It is simply another stage of the relationship's development.
- Remember that simple communication without judgment can solve the majority of marital problems. Feeling neglected in your marriage? Talk about it calmly.
- Realize when you are interrupting your partner, and allow yourself to slow down and listen to what they are really saying.
- Ask them if there is anything else they need to say. This lets them know you are interested in what they are discussing.
- If it is a particularly long dialogue you had, give a quick summary to make sure you got the entirety of their point.
- Then, validate their point. Let them know you think their case is a rational one.
- Find a time to have a daily ritual of saying three things about your partner that you admire and are appreciative of.
- Instead of criticism and complaint, turn what you want into a request. Frustrated that your partner is often late to dinner? Instead of complaining that they are always late, ask a request that they put effort into being punctual.
- Check out Harville and Helen's books, *Getting the Love You Want* and *Making Marriage Simple*, and workshop, *Safe Conversations*, at HarvilleandHelen.com!