



4. Share with your partner your past hurts, your attachment style, and how you think these may affect how you relate with each other. At this point of the exercise, spend a lot of time making sure you listen, understand, and can reflect back to your partner what he or she is telling you. It is very important for you to truly understand your partner's deep hurts and how these hurts have impacted your partner's life.
  
5. Discuss with your partner ways that you can accommodate for each other's past hurts and attachment styles. Think of and discuss practical ways you can use this new knowledge to improve how you and your partner relate.