

PERSONAL SPACE EXERCISE

The amount of personal space needed by any individual may be different according to the emotional atmosphere at the time as well as the person involved.

HERE'S A SIMPLE EXERCISE TO DISCOVER THE AMOUNT OF PERSONAL SPACE THAT YOU AND YOUR PARTNER REQUIRE:

1. **Determining your space:**
 - Stand about 10 feet apart facing each other.

- The one going first walks slowly towards the other.
- The second person puts their hands up when the one walking is close enough.
- It's that simple. Then the next one does it.

2. **Repeat the exercise with each of you having an image of the last time you each felt:**

- Angry with each other
- When sad
- When scared
- When happy
- When amorous

3. **Discuss your results.** Use the Reflective Listening process to discuss what happened.