

Feeling Too Serious in Relationship?

Magnify to Invite Play!

Get curious about each other's body language! Look & listen for:

- Tone of voice
- Emphasized/repeated words
- Posture, gestures
- What's moving/what's not
- Facial expressions
- Breath changes

When you notice something interesting, toss your partner an invitation to **MAGNIFY THAT** (make it bigger, smaller, louder, softer, etc). Go **WITH** what's already happening, to discover something refreshingly new!

Hmmm.... What just happened?

Do that more!
Make that bigger!

Say that
slower/faster /
louder / softer

If your hands (feet,
eyebrows) could talk
what would they say?

What aren't you
letting get bigger?

What would add more
fun to this? (props,
hats, music?)



Short List of Persona Revealing Questions

Ask your partner one of these questions, then say "Tell me more!" Watch, listen, get curious!

- What's something you've been trying to fix or control about yourself?
- What's something you feel really proud of accomplishing lately?
- What kind of attention would you most like today?
- What do you wish people would stop asking you?
- How are you with receiving compliments?
- What's happened to you three or more times lately?
- What does a really good / bad start to the day look like for you?



Watch & Listen !

Personas reveal themselves through:

- Tone of voice
- Emphasized/repeated words
- Posture, gestures
- What's moving/what's not
- Facial expressions
- Breath changes
- Whole body attitude!