



# WHY YOU SHOULDN'T SHARE A ROOM WITH YOUR PARTNER

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*Living or sleeping* in separate spaces is not the norm and so it might bring up various things inside of you as you contemplate it. Whether or not you decide to do it, exploring these questions can give you access to fears and desires that exist within. Simply getting in touch with them and acknowledging them can be beneficial for your own growth and centering.

Your answers can be windows into deeper layers in your psyche. This worksheet can also guide you through a conversation with your partner. Make sure to create space for each person to fully share, even if you do not agree or feel the same as they do. Practice empathy and really hearing what the other one is saying.

- What excites you about having separate spaces?
- What scares you about having separate spaces?
- What does it bring up for you?
- Does it trigger you in any way?
- How do you think it will help the relationship?
- What will it bring to the relationship?
- What problems do you think could potentially arise?
- How often do you want to sleep together?
- What nights should we plan on sleeping together or apart?
- Is there anything else you want to share around this topic?

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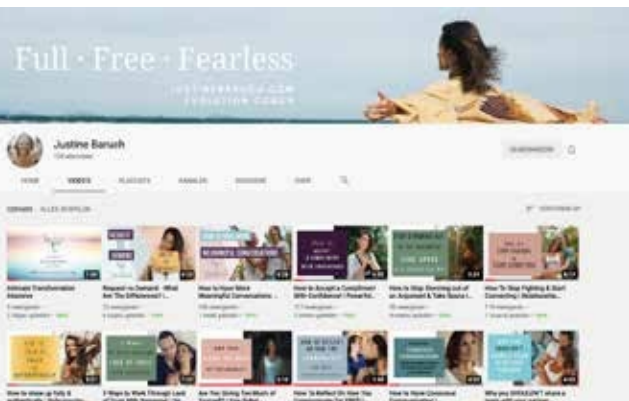


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## Book a session

If you want more direct support & results book a session with me. Together we will work through whatever you are currently struggling with. On my website can also learn more about my other coaching methods and tools.

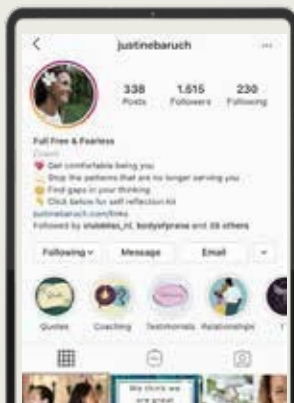


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