

## **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.