

### The Lens Exchange

#### Purpose

Help couples identify their default emotional lens and exchange it for a faith-filled one.

#### Step 1: Identify Your Lens (Do separately)

**Circle ONE** that describes how you most often “see” your partner:

- Defensive Lens
- Disappointment Lens
- Suspicion Lens
- Idealized Lens
- Fearful Lens
- Hopeful Lens
- Grateful Lens

**Write one sentence:**

“When I feel stressed, I tend to see you through a \_\_\_\_ lens.”

#### Step 2: Exchange the Lens (Do together)

**Each partner says:**

“I release the lens that distorts you. I receive a new lens of truth, trust, and hope.”

#### Step 3: “Shake the Rug” Challenge

**Pick one current issue** or frustration.

Stand side by side.

Hold hands.

**Say together:**

“We choose agreement over accusation.”

“We choose unity over assumption.”

“God, show us the real issue, not just the reaction.”