

The Shadows To Light Exercise

Purpose

To expose what secrecy has been stealing, and bring your relationship back into the light.

Step 1: Identify A Shadow (Do separately)

Privately write down **ONE** area where you've been:

- Withholding
- Hiding
- Muting Yourself
- Avoiding The Truth
- Stuffing Emotions

No explanations yet. Just name it.

Step 2: Bring It To The Light (Do together)

Sit facing each other.

Place your hands open on your knees (symbol of openness).

Each partner says:

"The enemy wins in silence. Today, I choose light."

Step 3: Gentle Disclosure

Use this script:

"One thing I've kept in the shadows because I didn't know how to say it is (name your shadow)."

Then say, "What I actually need in this area is..."

The other partner: NO FIXING. NO DEFENDING. JUST LISTENING

Step 4: Light The Candle

After you both have had a turn,
light a candle together (literal or metaphor)

Then say together, "God, illuminate what has been hidden.
Make our honesty a safe place."