

# The 15 Minute Date

Come together twice per week (schedule it!) and check-in with each other using the following process.

## Set-up

1. Put this on your calendar as a repeating event.
2. Show up at the scheduled time.
3. Just do it. No one said you have to feel good while you are doing it.
4. Turn off all electronics. (No multitasking or checking your phone.)
5. Sit facing each other (as best as possible).
6. Decide who will be **Partner 1** and who will be **Partner 2**.  
The only wrong choice here is no choice!
7. This time is to be **FREE** of **PROBLEM SOLVING, LIST MAKING, and SCORE SETTLING**.
8. Experience what it is like to be present with yourself and each other, for no other reason other than it is what we are doing.
9. Let it be weird or awkward if this is new to you. Remember, no one has ever died while doing this exercise. You will not die.

# Step 1

Duration: 5 minutes

**Partner 1 shares their experience and Partner 2 is their witness**

**Partner 1** will turn their awareness/attention inwards and share what thoughts, feelings, memories, longings, impulses sensations arise for them in the present moment. **Partner 2** will do their best to be a present, curious, and silent witness for Partner 1's experience and sharing.

# Step 2

Duration: 5 minutes

**Partner 2 shares their experience and Partner 1 is their witness**

**Partner 2** will turn their awareness/attention inwards and share what thoughts, feelings, memories, longings, impulses sensations arise for them in the present moment. **Partner 1** will do their best to be a present, curious, and silent witness for Partner 2's experience and sharing.

# Step 3

Duration: 5 minutes

**Meta Processing**

(Looking back on the experience and sharing what it was like.)

**Take turns asking each other these two questions:**

1. What was it like for you to be curious about yourself and share with me?
2. What was it like for you to listen to me while I was sharing with you?

Finally, end this exercise with a simple acknowledgment — be it a fist bump that ends in a jellyfish, a ring of a gong, or a synchronized clap — before you re-enter the regular way you show up for life.

# Guided Check-In Exercise

If you would like Figs or a member of his team to guide you through this exercise, please do not hesitate to reach out to Figs via email at [figs@empathi.com](mailto:figs@empathi.com) or book a free consult [here](#).

The experience can be deepened tremendously by being guided by someone that knows how to help you access your own experience and share it in a more profound way than you may be able to do alone.



## Figs O'Sullivan

### CHIEF EMPATHI OFFICER

Chief Empathi Officer, Husband, dad, wounded healer and featured on NPR's All Things Considered as a champion for healthy relationships.

Licensed Marriage and Family Therapist, certified in EFT for couples.

He's the creator of the Empathi method and the certification process for Empathi coaches. His life's mission is to help couples feel more connected.