



# Living Life LOUD

## Month 1, Week 3 Homework

Intimacy is letting people see the real us, flaws and all.

MY GOALS FOR JANUARY:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Let's talk about how we contribute to relationships.

→ In Ch. 10, Don Miller talks about how, despite our imperfections, we are gifts to other people. How are YOU good for people you are in relationship with? Make your list here:

Now, ask three people you are close to, to answer the same question. DO NOT joke about this, skip this step, or ask them in a group. Ask them one at a time, in person, or by email.

You can even cut and paste this:

“I'm working on an exercise assigned to me by my book club leader. This might seem crazy, but I really appreciate your honest feedback. What characteristics do you value in me? How do I make you better by being in relationship with you? Thank you so much!”

→ Is there a gap between what they said and what you thought they'd say?

→ How did you feel to get that feedback?

The other super-powerful exercise is what DM talks about in Ch. 11, “The Risk of Being Careful.” He says that his friend and therapist at Onsite tells him his writing has become “careful” as he's become better known, and DM realizes he's caring too much what others think. He doesn't want to be afraid anymore, so he makes a list of new freedoms. Read his list on p. 148 of the written book and write your own list below:

I am willing to....

I am willing to...

I am willing to...

I am willing to...

I am willing to...

I am willing to...

I am perfectly willing to be perfectly human.