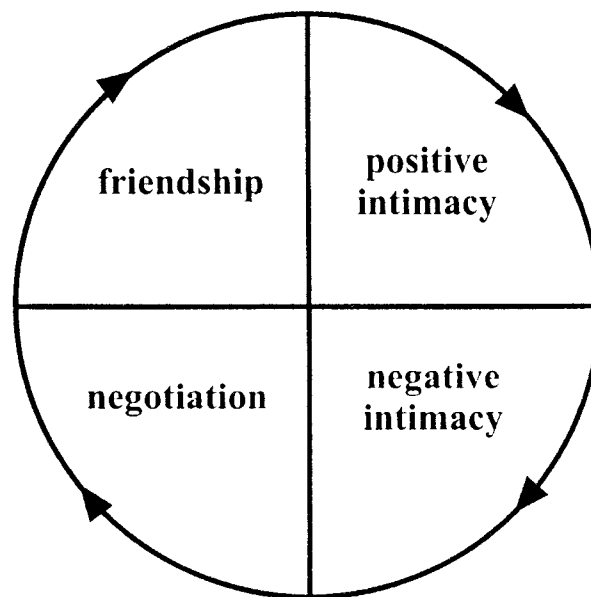


# RELATIONSHIP CYCLE



## positive intimacy

finding someone who shares your relationship fantasy/programming;

“falling in love” with self and other, discovering an unknown self;

feeling of being safe and loved

## negative intimacy

disappointment and disillusionment lead to hurt; feelings of fear, shame and anger surface, either at self and/or other for not fulfilling “the dream”...

its not what you thought or were taught

childhood wounds emerge

## negotiation

recognition that negotiation takes two equal people;

discovery of who both people actually are;

successful collaboration builds trust;

## friendship

respect and admiration for someone who shares your vision and your everyday reality;

willingness to tackle painful and unresolved differences in a caring way;