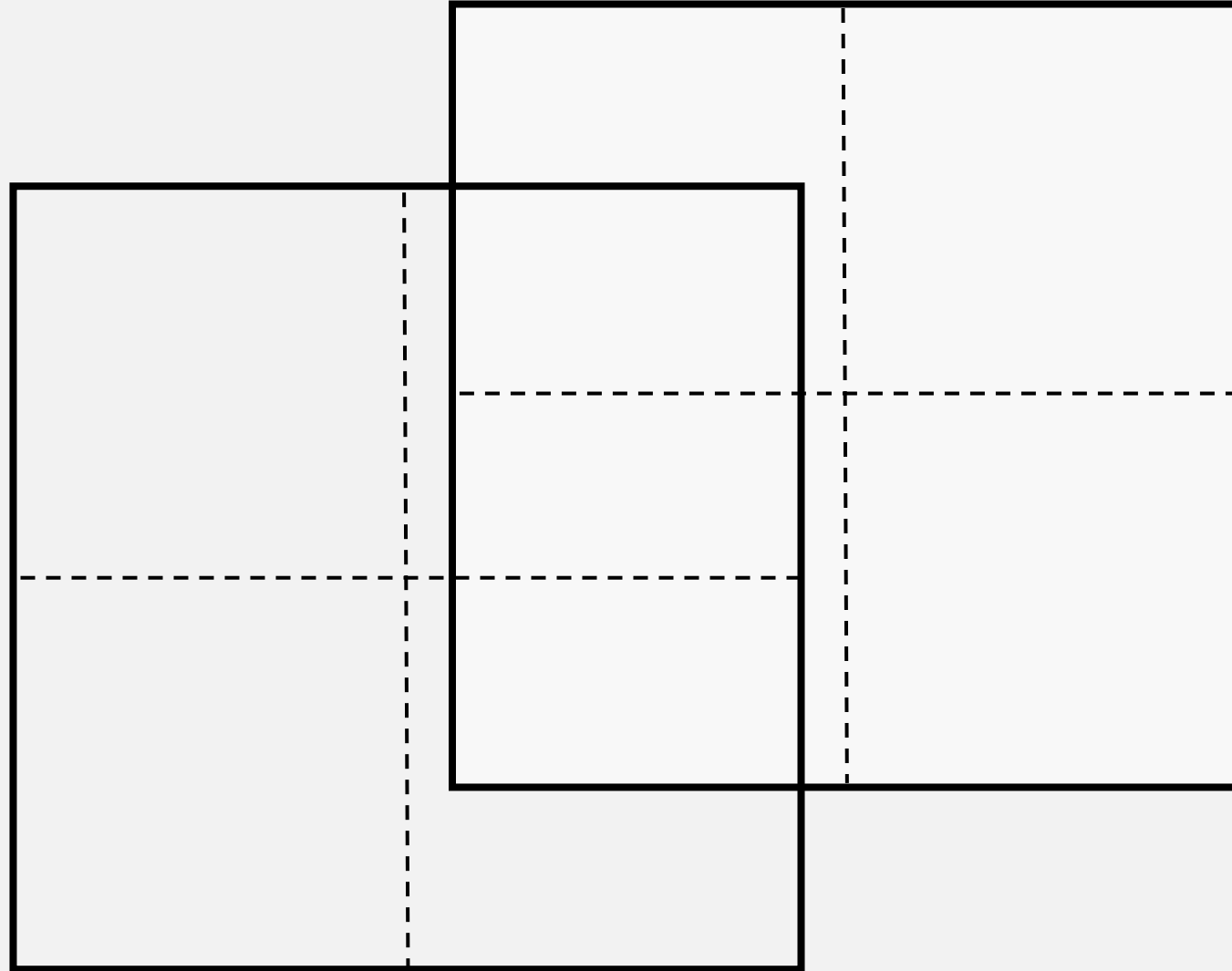


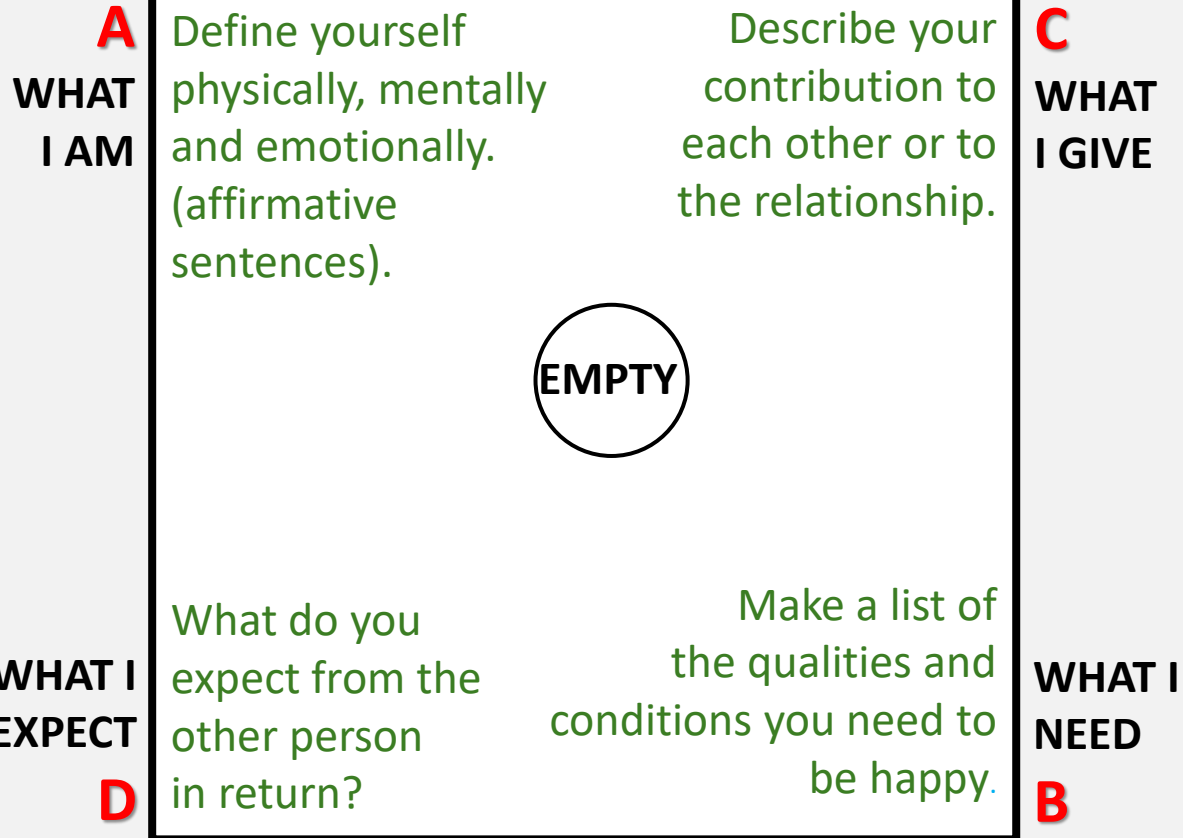
# THE SQUARE OF RELATIONSHIPS



# THE SQUARE OF RELATIONSHIPS - INDIVIDUAL

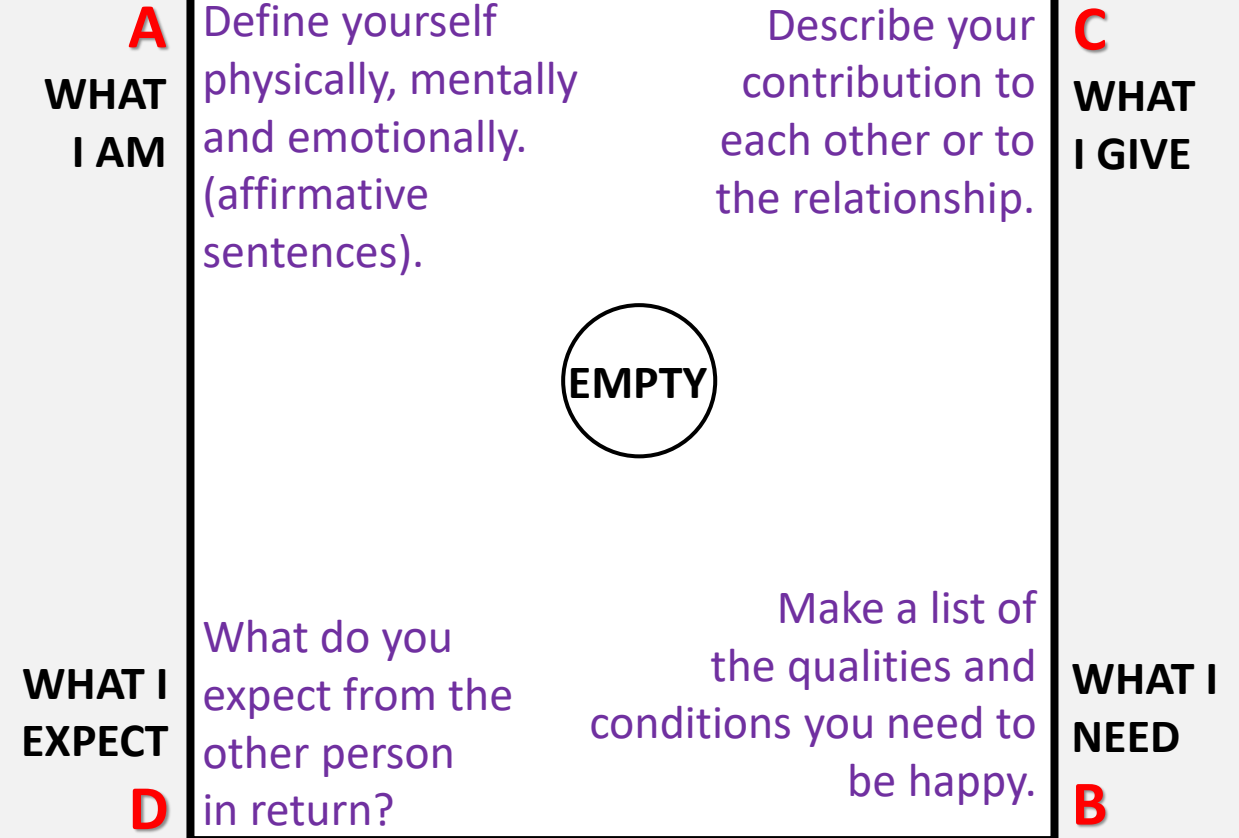
## INDIVIDUAL 1

ask yourself

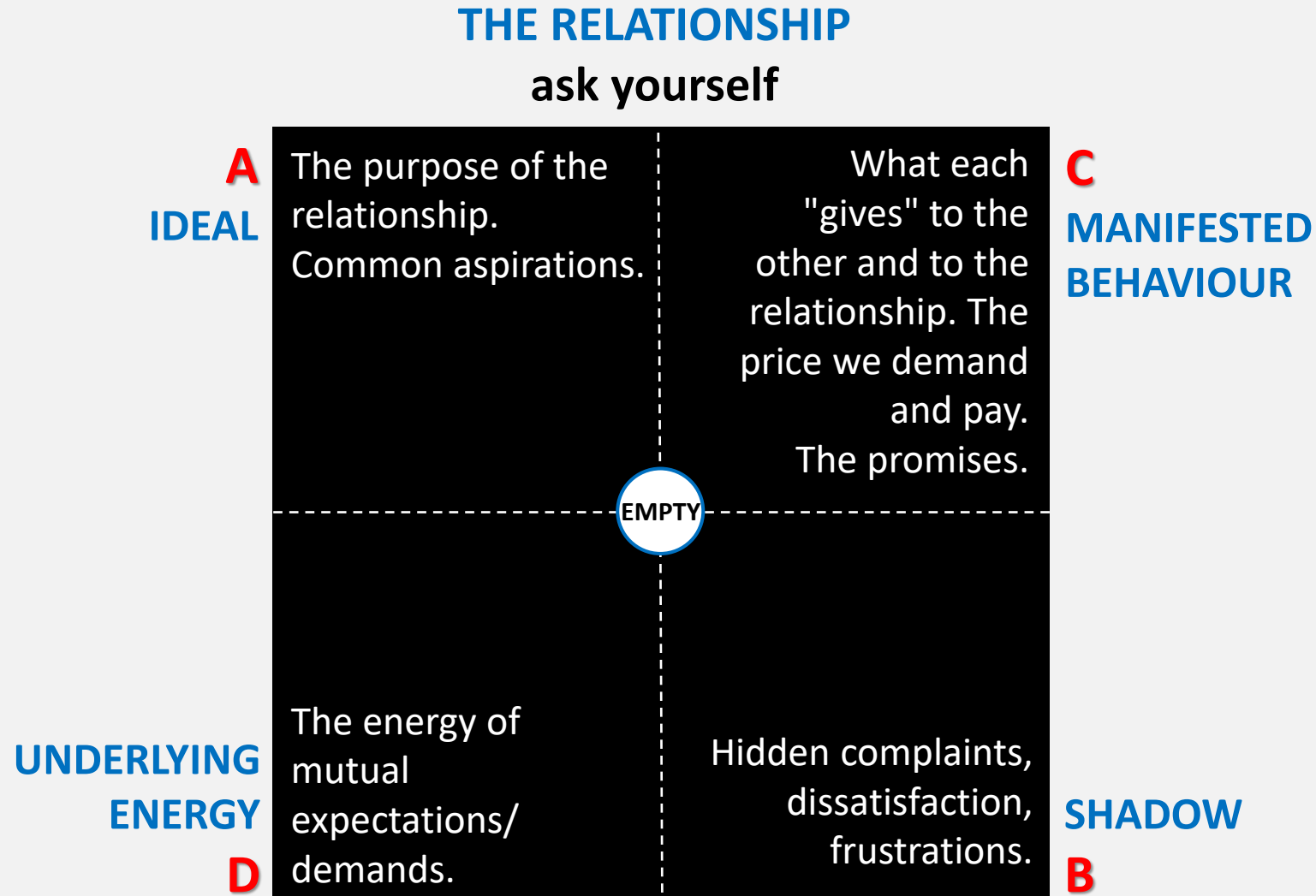


## INDIVIDUAL 2

ask yourself

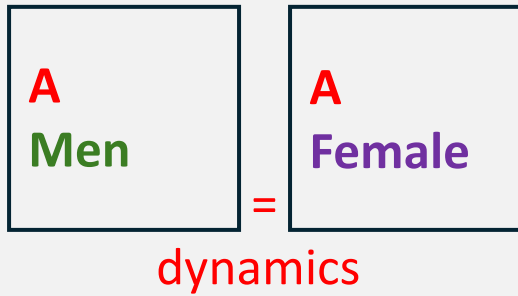


# THE SQUARE OF RELATIONSHIPS - THE RELATIONSHIP

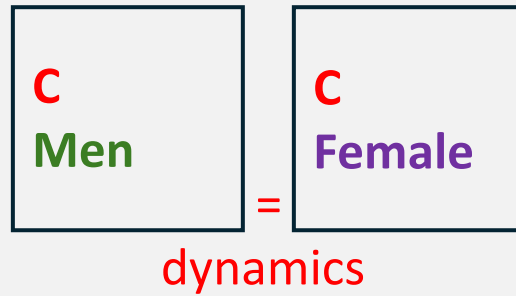


# THE SQUARE OF RELATIONSHIPS - OUTLINE

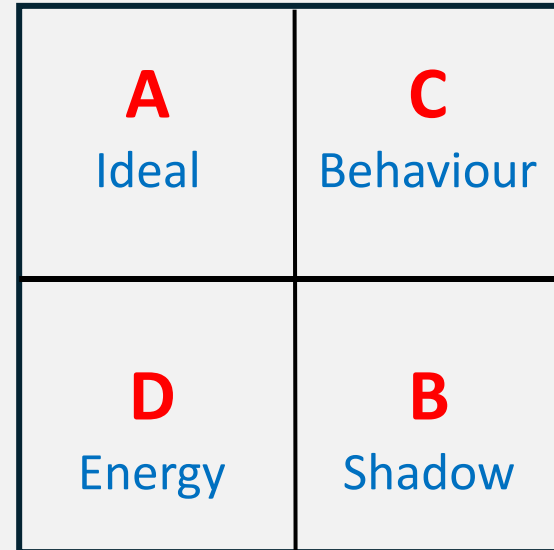
**A** = WHAT I AM



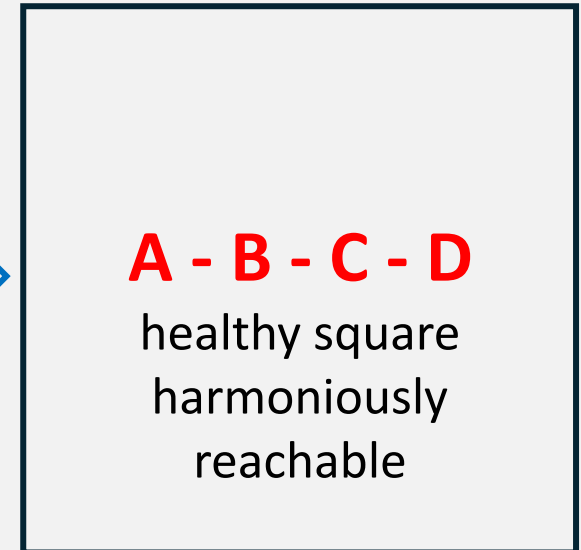
**C** = WHAT I GIVE



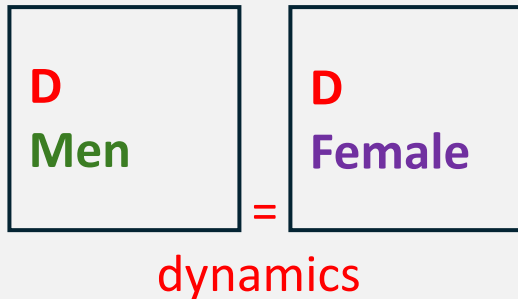
**THE RELATIONSHIP**  
questions



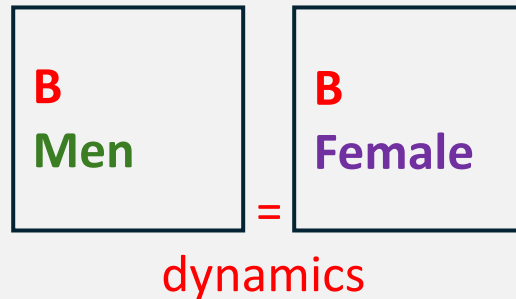
**THE RELATIONSHIP**  
real



**D** = WHAT I EXPECT

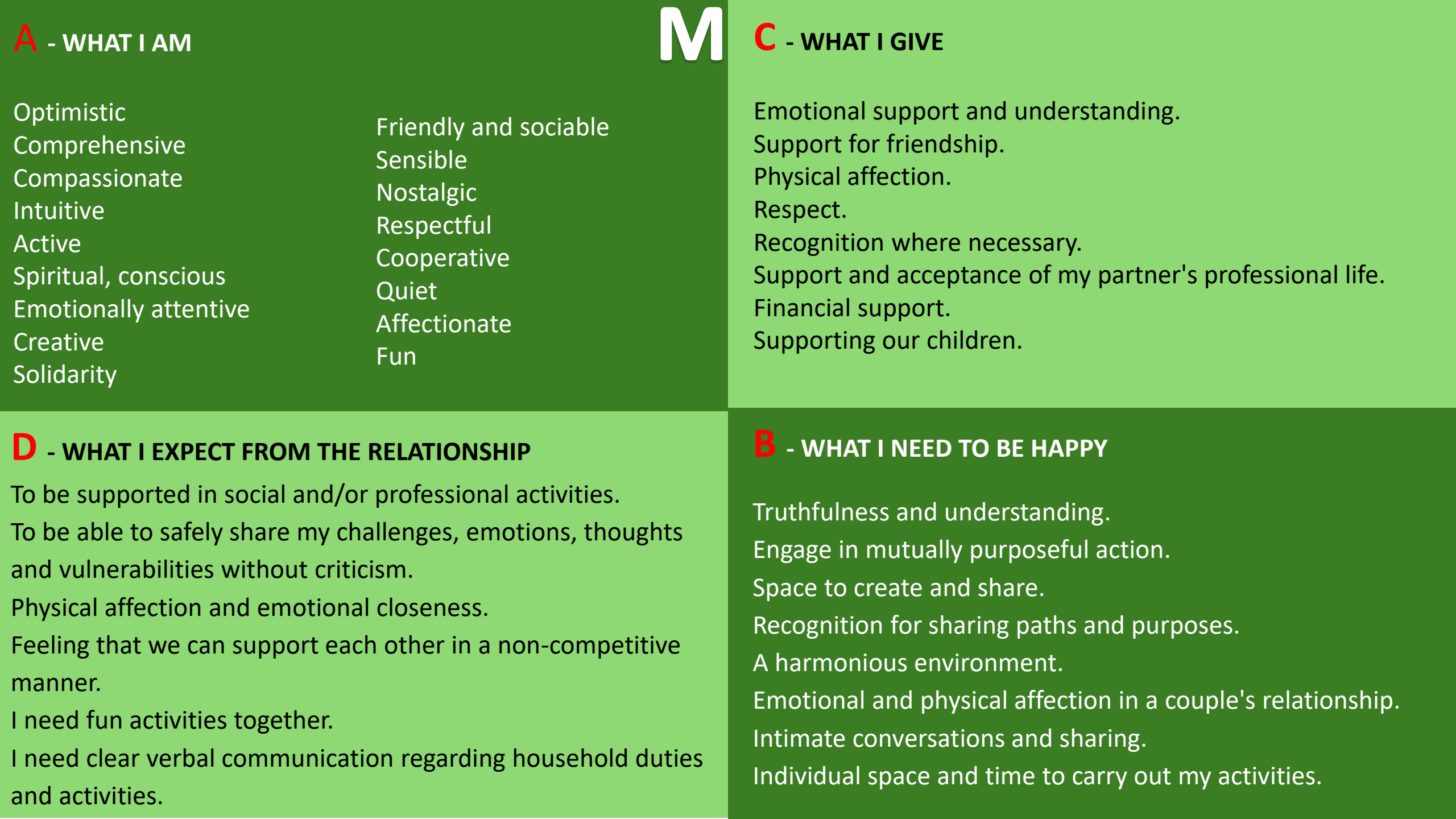
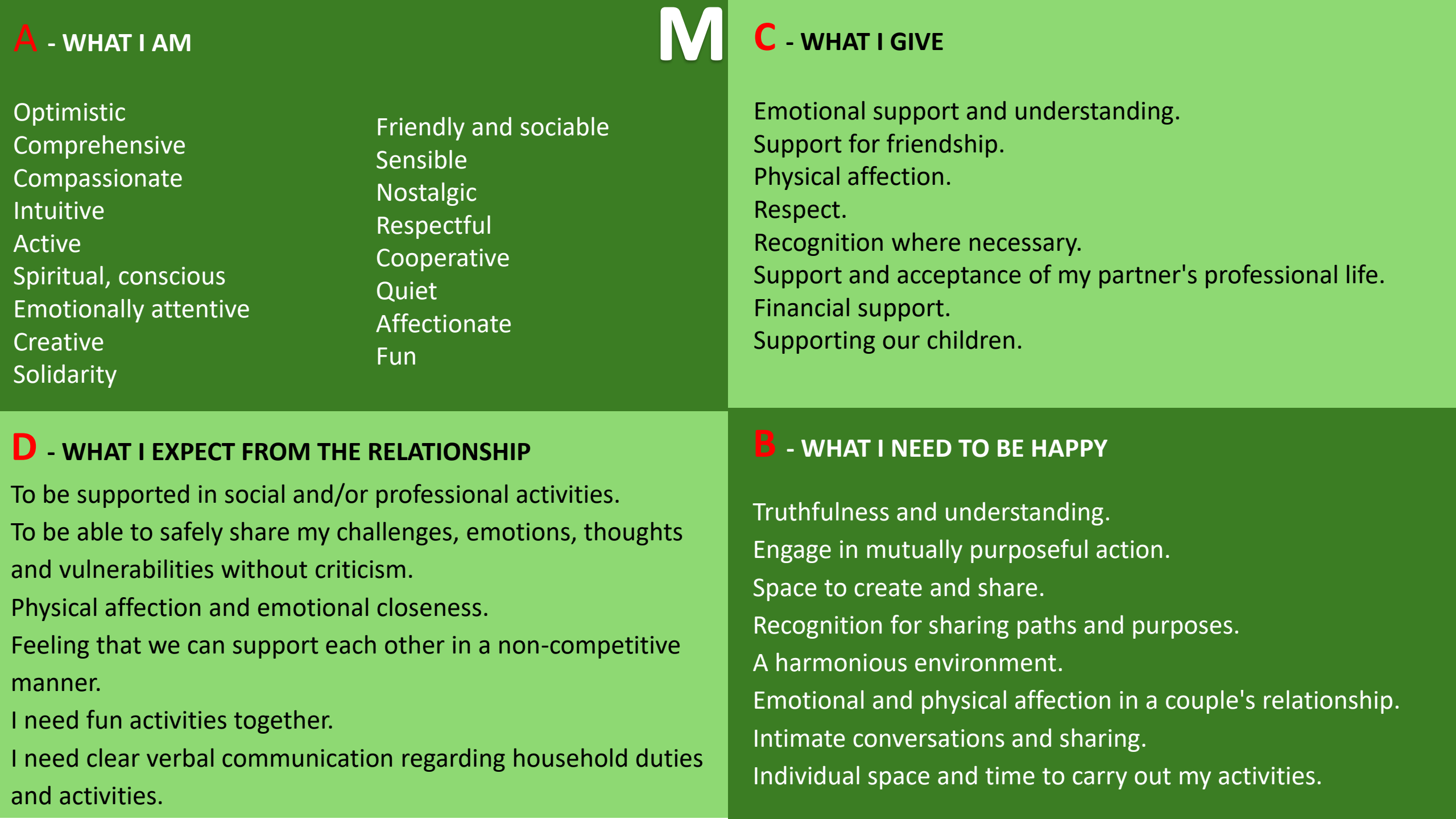


**B** = WHAT I NEED



# THE SQUARE OF RELATIONSHIPS - EXAMPLE





## **A - WHAT I AM**

Creative and fun

Patient - Flexible

Naive, I trust blindly

Supportive - Caring - Understanding

Responsible for my needs

Demanding in terms of order and space

Stubborn - Strong

Resilient to start again

**F**

## **C - WHAT I GIVE**

Space and support for the other

Total care and support for him and his family

Physical, emotional and financial support

Freedom and incentive to speak out

Friendship and fun activities

A good home to live in (clean and organised)

Nurturing – cooking, nursing

Close and loving physical contact

## **D - WHAT I EXPECT FROM THE RELATIONSHIP**

Being seen and heard

Partnership in my life purpose

Collaboration

Feel the strong support when

Loving space to open up and be vulnerable

Getting support when I feel vulnerable

Help with home affairs

Time and space to enjoy each other

## **B - WHAT I NEED TO BE HAPPY**

Space to be and do what I want

Harmony, loving atmosphere at home - Good food

Safety - Emotional and physical care and support

Transparency - Open conversations

Mutual respect - To be listened to - To receive pampering

Knowing our dreams and aspirations

Expressing myself as I am - Time to dance

Enjoying friendships - Travelling together

Discuss important life issues

Sharing the same purpose in life

## A - WHAT I AM

Optimistic	Friendly and sociable
Comprehensive	Sensible
Compassionate	Nostalgic
Intuitive	Respectful
Active	Cooperative
Spiritual, conscious	Quiet
Emotionally attentive	Affectionate
Creative	Fun
Solidarity	

Projection onto the other to  
meet their expectations (to satisfy)

## A - WHAT I AM

Creative and fun  
Patient - Flexible  
Naive, I trust blindly  
Supportive - Caring - Understanding - Caring  
Responsible for my needs  
Demanding in terms of order and space  
Stubborn- Strong  
Resilient to start again

Egocentric.  
Demands and requirements - Instability

Dynamics **AM AF**  
**AM** responds to **AF** demand



## **B** - WHAT I NEED TO BE HAPPY

Truthfulness and understanding  
Engage in mutually purposeful action  
Space to create and share  
Recognition for sharing paths and purposes  
A harmonious environment  
Emotional and physical affection in a couple's relationship  
Intimate conversations and sharing  
Individual space and time to carry out my activities

### Insecurity

Lack of individual space to express themselves  
1st + 2nd shortcomings (no depth)  
Ideological stalemate

## **B** - WHAT I NEED TO BE HAPPY

Space to be and do what I want  
Harmony, loving atmosphere at home - Good food  
Safety - Emotional and physical care and support  
Transparency - Open conversations  
Mutual respect - To be listened to - To receive pampering  
Knowing our dreams and aspirations  
Expressing myself as I am - Time to dance  
Enjoying friendships - Travelling together  
Discuss important life issues  
Sharing the same purpose in life

### Insecurity

Lack of individual space to express themselves  
1st + 2nd deficiencies (no depth)  
Mental (ideological) stagnation

## **BM BF** Dynamics

**AM AF** dynamics are reflected in **BM BF**

**BM** deception in fulfilling **BF** wishes = **BF** wishes are not fulfilled.

## C - WHAT I GIVE

Emotional support and understanding  
Support for friendship  
Physical affection  
Respect  
Recognition where necessary  
Healthy support and mental health advice  
Support and acceptance of my partner's professional life  
Financial support  
Supporting our children

## C - WHAT I GIVE

Space and support for each other  
Total care and support for him and his family  
Physical, emotional and financial support  
Freedom and incentive to speak out  
Friendship and fun activities  
A good home to live in (clean and organised)  
Nutrition - Hope - Courage  
Social relations with friends and family  
Close and loving physical contact

Based on doing.  
Requirements and demands  
Unfulfilled expectations

Competition - Non-recognition of the other

Based on doing.  
Requirements and demands  
Unfulfilled expectations

Competition - Non-recognition of the other

**CMCF Dynamics**

**Both CMC without recognition of the other = competition**

## **D** - WHAT I EXPECT FROM THE RELATIONSHIP

To be supported in social and/or professional activities

To be able to safely share my challenges, emotions, thoughts and vulnerabilities without criticism.

Physical affection and emotional closeness

Feeling that we can support each other in a non-competitive manner

I need fun activities together

I need clear verbal communication regarding household duties and activities.

## **D** - WHAT I EXPECT FROM THE RELATIONSHIP

Being seen and heard

Partnership in my life purpose

Taking responsibility for actions

Collaboration

Loving space to open up and be vulnerable

Getting support when I feel vulnerable

Loving touch with respect

Help with home affairs

Time and space to enjoy each other

Expectations and demands

Veiled diminution of the other (emotional)

Expectations and demands

Veiled diminution of the other (emotional)

**DMDF** Dynamics  
Mutual expectations

## **A - RELATIONSHIP IDEAL**

**The purpose of the relationship, what we want to achieve and the image we present to the world**

Mutual support and respect

Independence and personal space

Giving and receiving

Promoting personal and spiritual development

## **C - MANIFESTED BEHAVIOUR**

**The price we demand and pay. Collection.**

**The promises.**

"Hide and Seek"

Veiled criticisms - Demand and insecurity

Doing instead of Being

Demand for support - Competition

Conditional support reflected in the three PSCs

Fun, distraction and dispersion

Search for maintenance and stability

## **D - UNDERLYING ENERGY - MUTUAL EXPECTATIONS**

**Demand and insecurity**

Lack of emotional depth

Requirement to share and be transparent according to what has been agreed.

Lack of: space and time, nutrition, mutual need for professional support, need for affection and intimacy, need for each other to be real.

(The Truth)

Desire to share on another level

## **B - THE SHADOW OF THE IDEAL**

**Veiled complaints against each other**

Expectations about giving and receiving

Need for the other to be truthful

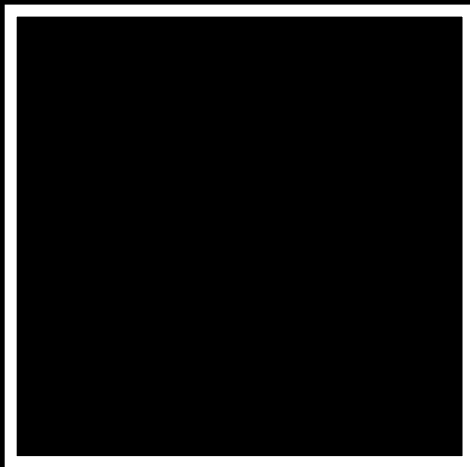
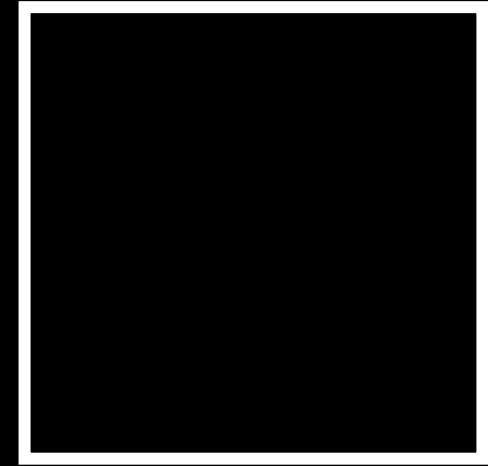
Lack of contact and deeper emotional response

Need for privacy

Trapped in mutual deficiencies: physical and emotional security

Conditional support

**HEALTHY  
SQUARE**



**Harmonic relationship**

**A B C D reachable**