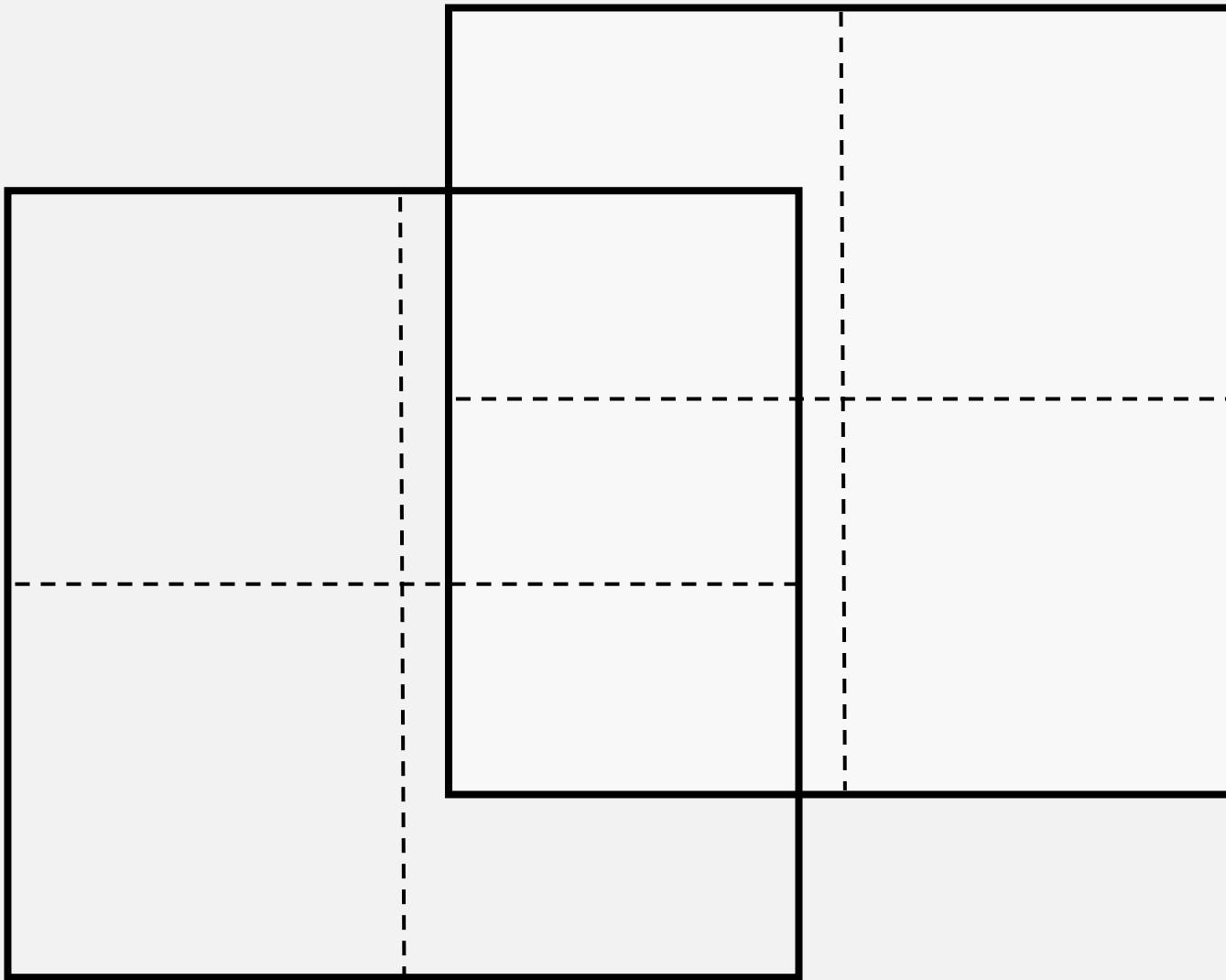


THE SQUARE OF RELATIONSHIPS



THE SQUARE OF RELATIONSHIPS - INDIVIDUAL

INDIVIDUAL 1

ask yourself

A Define yourself physically, mentally and emotionally. (affirmative sentences).

Describe your contribution to each other or to the relationship.

EMPTY

WHAT I EXPECT
D What do you expect from the other person in return?

Make a list of the qualities and conditions you need to be happy.

INDIVIDUAL 2

ask yourself

A Define yourself physically, mentally and emotionally. (affirmative sentences).

Describe your contribution to each other or to the relationship.

EMPTY

WHAT I EXPECT
D What do you expect from the other person in return?

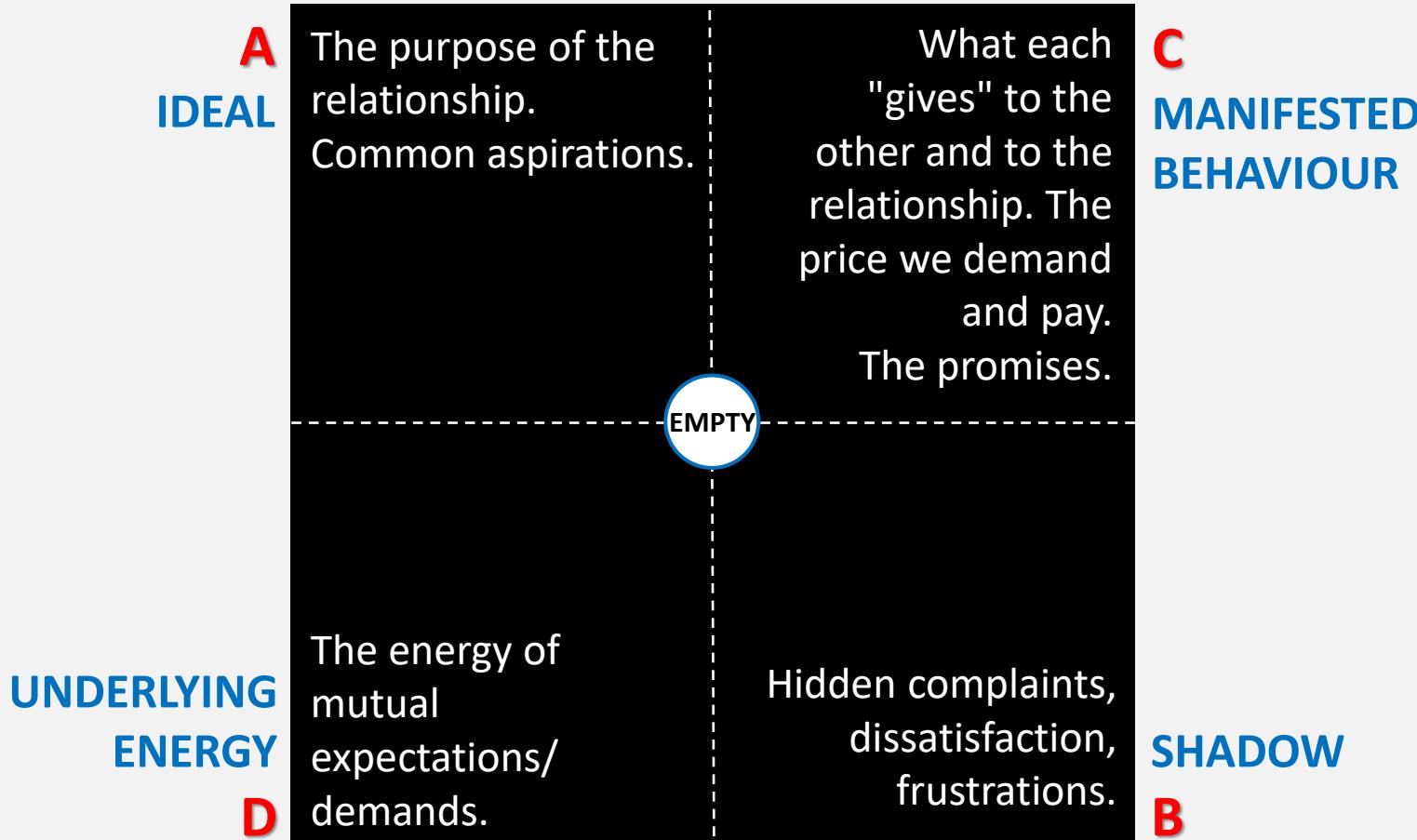
Make a list of the qualities and conditions you need to be happy.

C WHAT I GIVE

WHAT I NEED
B

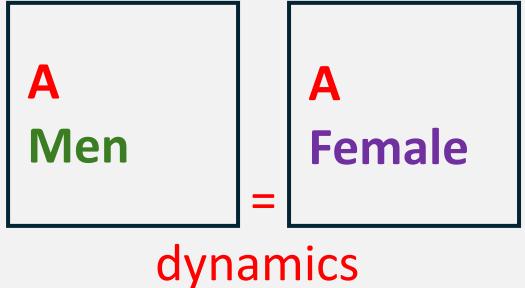
THE SQUARE OF RELATIONSHIPS - THE RELATIONSHIP

THE RELATIONSHIP ask yourself

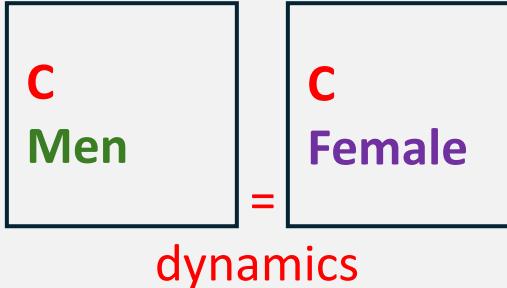


THE SQUARE OF RELATIONSHIPS - OUTLINE

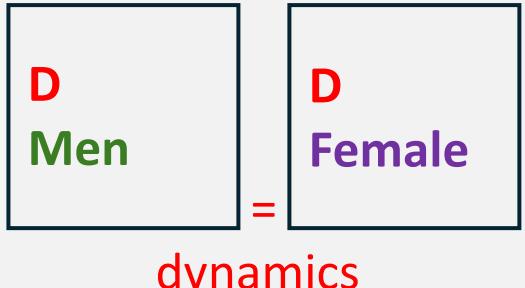
A = WHAT I AM



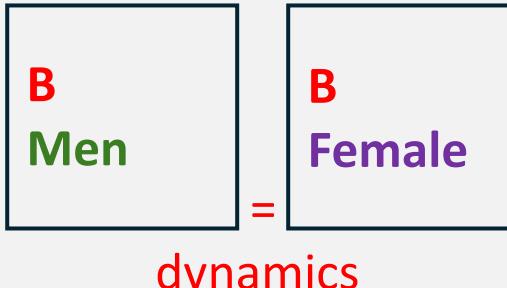
C = WHAT I GIVE



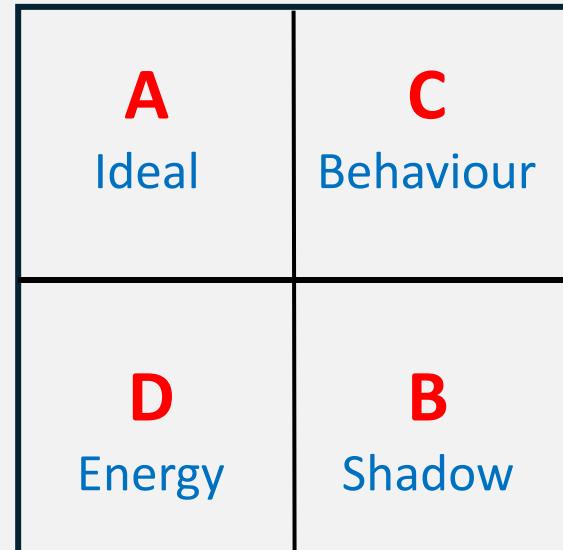
D = WHAT I EXPECT



B = WHAT I NEED



THE RELATIONSHIP
questions



THE RELATIONSHIP
real



A - B - C - D
healthy square
harmoniously
reachable

THE SQUARE OF RELATIONSHIPS - EXAMPLE



A - WHAT I AM

Optimistic
Comprehensive
Compassionate
Intuitive
Active
Spiritual, conscious
Emotionally attentive
Creative
Solidarity

Friendly and sociable
Sensible
Nostalgic
Respectful
Cooperative
Quiet
Affectionate
Fun

M

C - WHAT I GIVE

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

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.

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.

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
Comprehensive
Compassionate
Intuitive
Active
Spiritual, conscious
Emotionally attentive
Creative
Solidarity

Friendly and sociable
Sensible
Nostalgic
Respectful
Cooperative
Quiet
Affectionate
Fun

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

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

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

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 shortcomings (no depth)

Ideological stalemate

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 CMCF 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)

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

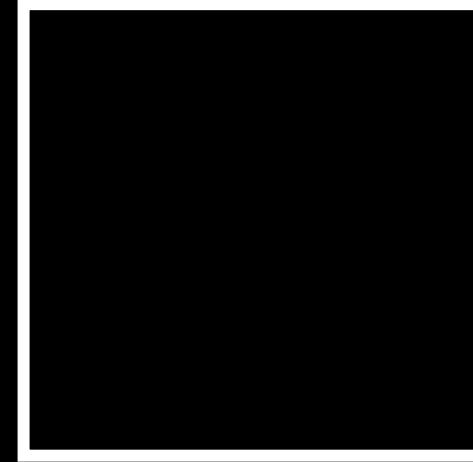
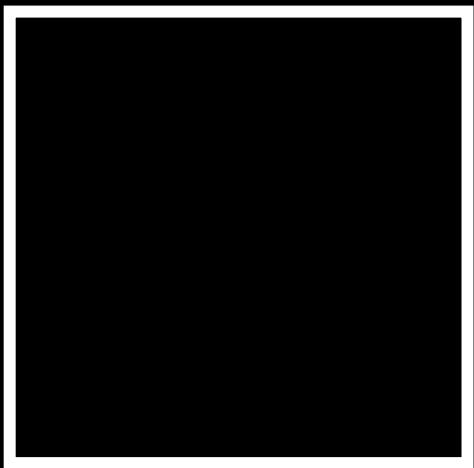
Lack of contact and deeper emotional response

Need for privacy

Trapped in mutual deficiencies: physical and emotional security

Conditional support

HEALTHY SQUARE



Harmonic relationship

A B C D reachable