

STAGES OF CLOSE RELATIONSHIPS

STAGE 1 ROMANCE

Physical symptoms: Colossal highs, tendency to walk around with large grin, so in love

Mental symptoms: Grandiose thoughts (Everything she/they does is magic)

STAGE 2 THE INEVITABLE: EMERGENCE OF YOUR UNCONSCIOUS RELATIONSHIP PATTERNS

(Oddly enough, Stage 2 coincides with the emergence of your partner's unconscious patterns as well)

Physical/Emotional symptoms: Fear (flight/fight/freeze/faint), anxiety, anger, irritation, criticism, discomfort, agitation, hurt and restlessness

Mental symptoms: Thoughts like: Can I trust this person? Have I made a mistake? What's wrong with me/him/her/them? Blaming, Making up stories, Projecting, Feeling like a victim, Judging, Name-calling, Feeling misunderstood or disrespected

STAGE 3 THE CHOICE POINT

CHOICE A: THE PATH OF CONNECTION

Your patterns emerge...

You take full **responsibility** for them, inquire into them, and **communicate from discovery** without blame-- speak your body sensations; own and share your thoughts and stories; share your feelings. **Appreciate** your patterns because you know that as you give attention to your unconsciousness, you open space for giving and receiving more love. You create new commitments & structures that open up space for what you really want.



STAGE 4: RESULTS

Aliveness, empowerment, joy, closeness, fun, creativity, collaboration and play abound!
Reliably recommit to CHOICE A as unconscious patterns surface.

CHOICE B: THE PATH OF DISCONNECTION

Your patterns emerge...

You **withhold, withdraw and project**. You use personas to avoid your authentic expression. You are on **the drama triangle** (Victim/Villain/Hero) in the context of "right and wrong."
You blame, criticize and judge.
You don't take 100% responsibility.
You don't speak honestly or listen generously.
You don't appreciate your partner.
You are not open to learning.
You are stingy with giving love.



Numbing out, compromising, recycling old patterns, distancing, personas, conflict, flat-lined, spiritual divorce, lots of drama, getting others to side with you, complete loss of creative power

