

12 CONTRASTING RELATIONSHIP PATTERNS

(In Marriage, Family, and Other Relationships)

LIST 1 - PATTERNS FEEDING: Alienation, Conflict, and Shared Misery	LIST 2 - PATTERNS FEEDING: Connection, Unity, and Mutual Happiness
LEVEL ONE: MINDSET	
1—SELF-ABSORPTION Focusing On “Me” and “My”	1—HARMONY Focusing on “We” and “Our”
2—DISCONNECTION Living Parallel, on Separate Schedules	2—SYNCHRONIZATION Synchronizing Schedules and Priorities
3—NEGLECT Putting the Other Last - Taking For Granted	3—FOCUS Making the Other a Top Priority
4—BLAME Excusing Personal Misbehavior	4—RESPONSIBILITY Choosing Positive and Productive Behavior
LEVEL TWO: COMMUNICATION	
5—COMPETITION Trying to Be “Right,” Proving the Other “Wrong”	5—BLENDING Understanding and Blending Perspectives
6—ACCUSATION Focusing on Negatives; Accusing the Other	6—APPRECIATION Focusing on Positives; Appreciating the Other
7—EXPLOSION Holding Things In, Then Impulsively Reacting	7—SELF-EXPRESSION Using Clear and Respectful “I” Messages
8—INSISTENCE Disregarding Others’ Views; Insisting on Yours	8—LISTENING Listening Actively to Understand Differing Views
LEVEL THREE: BEHAVIOR	
9—ABUSIVENESS Resorting to Destructive Words and Behavior	9—KINDNESS Treating the Other with Consideration and Respect
10—AVOIDANCE Avoiding Time and Connection with the Other	10—ENGAGEMENT Engaging Actively in Shared Time and Connection
11—INFIDELITY Looking Elsewhere for Fulfilling Connection	11—COMMITMENT Keeping Dedication and Focus on This Relationship
12—SEXUALIZATION Focusing Primarily on Sexual Interaction	12—INTIMACY Staying Close Through Balanced Connective Activity

-3 **-2** **-1** **0** **1** **2** **3**
Strong *Moderate* *Mild* *Neutral* *Mild* *Moderate* *Strong*

(Option: In the margin on either side, rate the level of the trait that more accurately describes your current pattern. This can help assess current strengths and weaknesses, and let you know where to focus your efforts.)