

The Life Cycle of Relationships

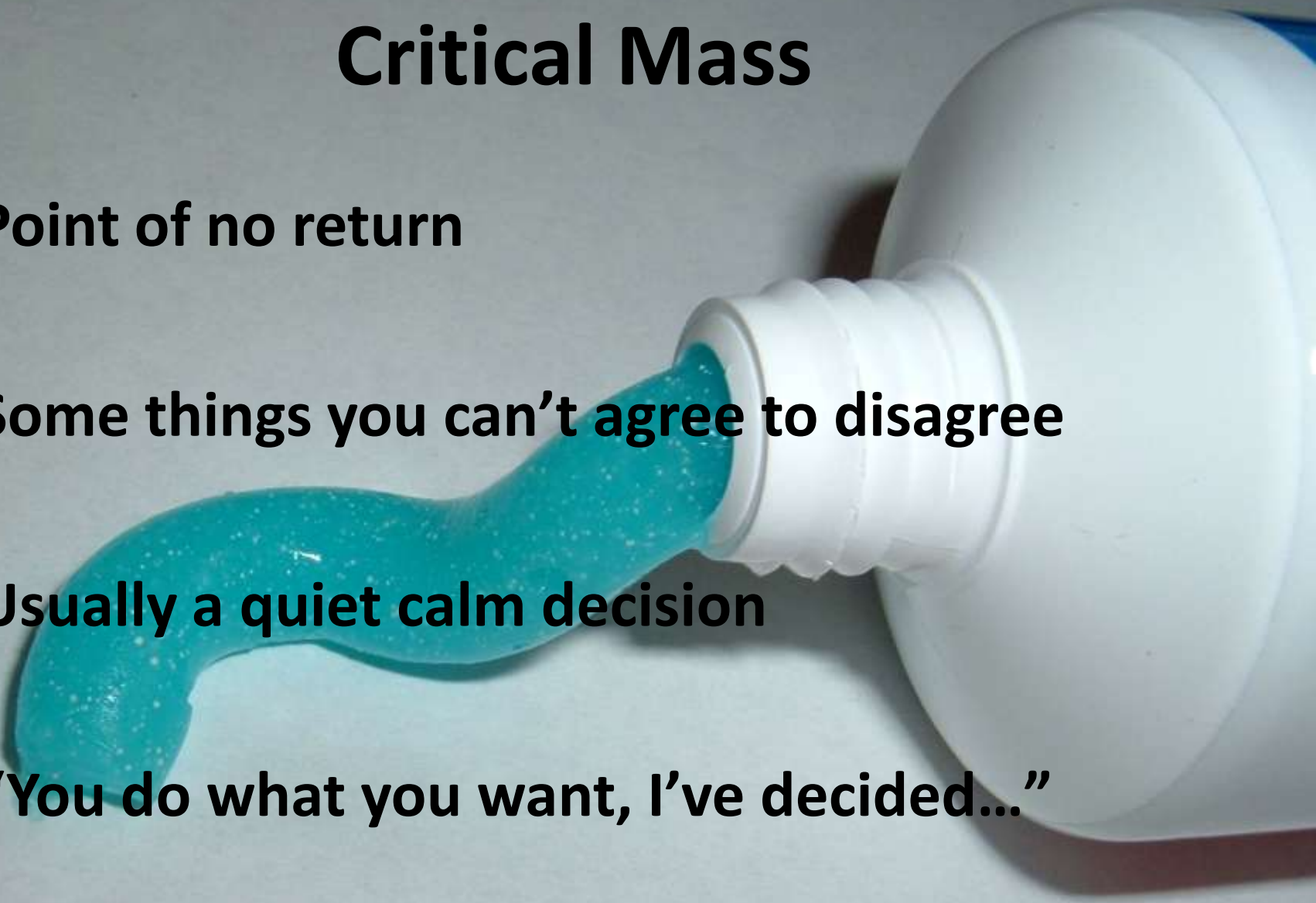
Part Three

Dave M Jenkins, DMin, LMFT

Photo are presented for educational enhancement and noncommercial use.

Critical Mass

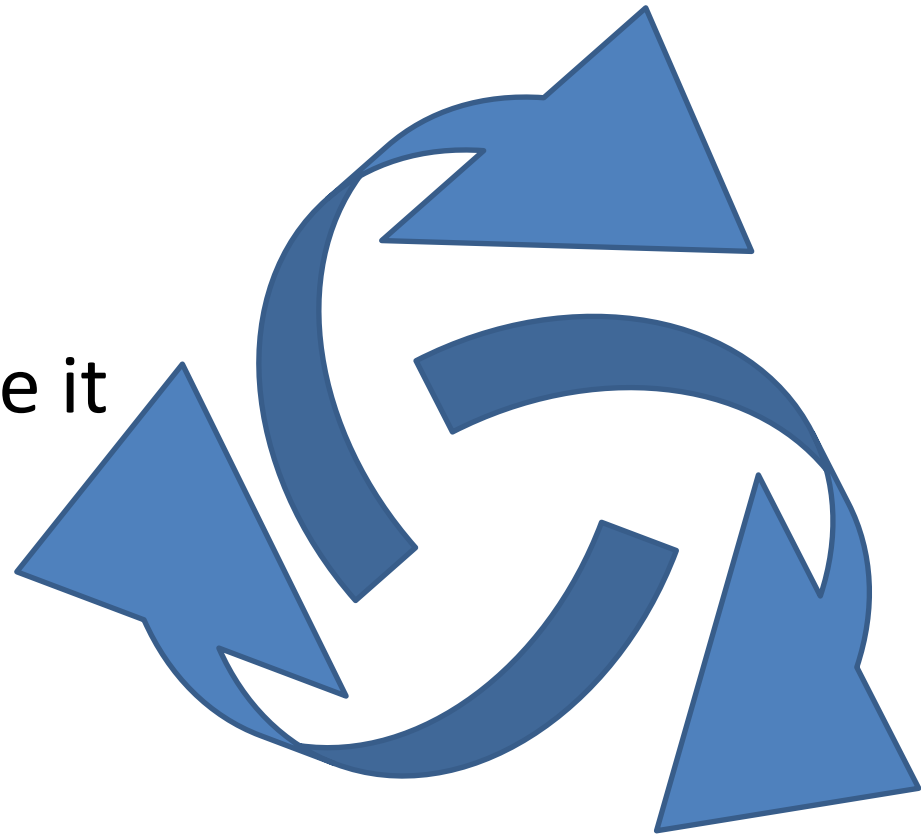
- Point of no return
- Some things you can't agree to disagree
- Usually a quiet calm decision
- "You do what you want, I've decided..."





The Growth Cycle

- Tremendous growth and change
- Evolution
- Sadly, some never make it
- Balanced



Grounded Sense of Self

- Stand on your own two feet
- Self validate
- Self control
- Self regulate



- We give up impression management
- Become authentic
- Our integrity stands up



- Individual responsibility
 - 100 – 0
- You allow others to truly see you & know you
- “You don’t owe me anything. I choose to be with you.”

Growth

- Almost always unilateral
 - All it take is one partner
 - But it take two to remain stuck
- Restore balance
 - Stop feeling sorry for your self



Steps to Success

- Realize there is nothing wrong with your relationship
- There are no short cuts to growing up
- No magic formula
- You are the expert of your relationship

Now What

- Loving someone is not for the weak
- There are no shortcuts, you must go through the fiery furnace of conflict
- Successful relationships have nothing to do with being with the “right” person,
 - it all about you becoming the right person!

Develop Your Team

- Build an alliance
 - Get on the same team
 - Develop your family culture
 - Share inside jokes
 - Laugh at yourself
- Allow yourself to be mapped

Communication

- Say what needs to be said
- Stop avoiding difficult conversations
- Listen without formulating a rebuttal

- Self Leader

Forgiveness

- Giving up your rights to retribution and punishment
- Not holding something against the offender even though you know they are going to do it again
- Not the same as:
 - Forgetting
 - Condoning
 - Reconciliation



Mapping

- Intentionally map your partner
- Allow your partner to map you
- Be authentic and approachable

Marriage Mission Statement

- What's the purpose of your marriage?
- What's your vision?
- What's the name of your team?

- What's your philosophy of marriage?
- 80 / 20 Rule

Scary Thought

“Your development is the solution to your relationship. Just as your relationship is the solution to your development.”

Dave Jenkins, DMin



Contact

- www.mymarriageschool.com
- “See us before you need us”
 - 540-300-1973



Referenced Authors

- Gary Chapman
- Harriet Lerner
- John and Julie Gottman
- Les and Leslie Parrott
- Laura Schlessinger
- David Schnarch
- Michelle Weiner-Davis
- Dave Jenkins