

Permaculture Relationships

Phase 3 - Survival of the Fittest

Method #1 Cross Roads

What is the best thing that could happen if you stay together?

What is the best thing that could happen if you break up?

Which road is your highest good?

Why are you afraid to take that path?

What exterior force could block that path?

Method #2 Role Play

Collaborate with your partner and lay out your life dreams both as individuals and as a couple. This could be career goals, having children, professional achievements, artistic pursuits, education achievements, building a home together, and anything else you care deeply about.

Rank the goals together, from must have goals to start working on now, to “nice to have” goals may come later. Be sure to consider personal and relationship goals fairly, so every aspect gets something near the top of the list.

Make a visual representation of your goals. Consider one or more of the following. They must resonate emotionally with both partners:

- Vision board
- Written plan, step by step, with visuals (like a Gantt chart or similar)
- Outline, burn down chart, and/or schedule
- Mind mapping or free association
- Graphical timeline