

Permaculture Relationships

Phase 5 - Symbiosis

Method #1

Finding Strengths

1. What is something that **my partner** does better than me?
2. What is something that **I** do better than my partner?
3. What is something that **I** could learn to do better?
4. What is something that **my partner** could learn to do better?

Method #2

Overcoming Fear

1. What is something that I used to do before the relationship, but I don't do any longer?
2. How do I feel about this
3. What is the **worst** that could happen if I loose that capability or relinquish that control?
4. What is the **best** that could happen if I loose that capability or relinquish that control?
5. What is the root cause of this fear, if any?