

Permaculture Relationships

Phase 7 - Harvest

Method #1

Past Relationships

1. What do I like about my previous relationships?
2. What do I not like about my previous relationships?
3. What did I do to contribute to those outcomes?
4. What did my partner do to contribute to those outcomes?
5. What was out of our control that contributed to those outcomes?

Method #2

Seed Catalog

1. What have I done in the last month to contribute to the relationship reaching its goals?
2. What have I done in the last that hindered the relationship from reaching its goals?
3. Am I putting what I want to get out of the relationship in to the relationship more often than not?