

Permaculture Relationships

Phase 1 — Planting the Seed

Why Permaculture Relationships?







PHASE I
Falling in Love

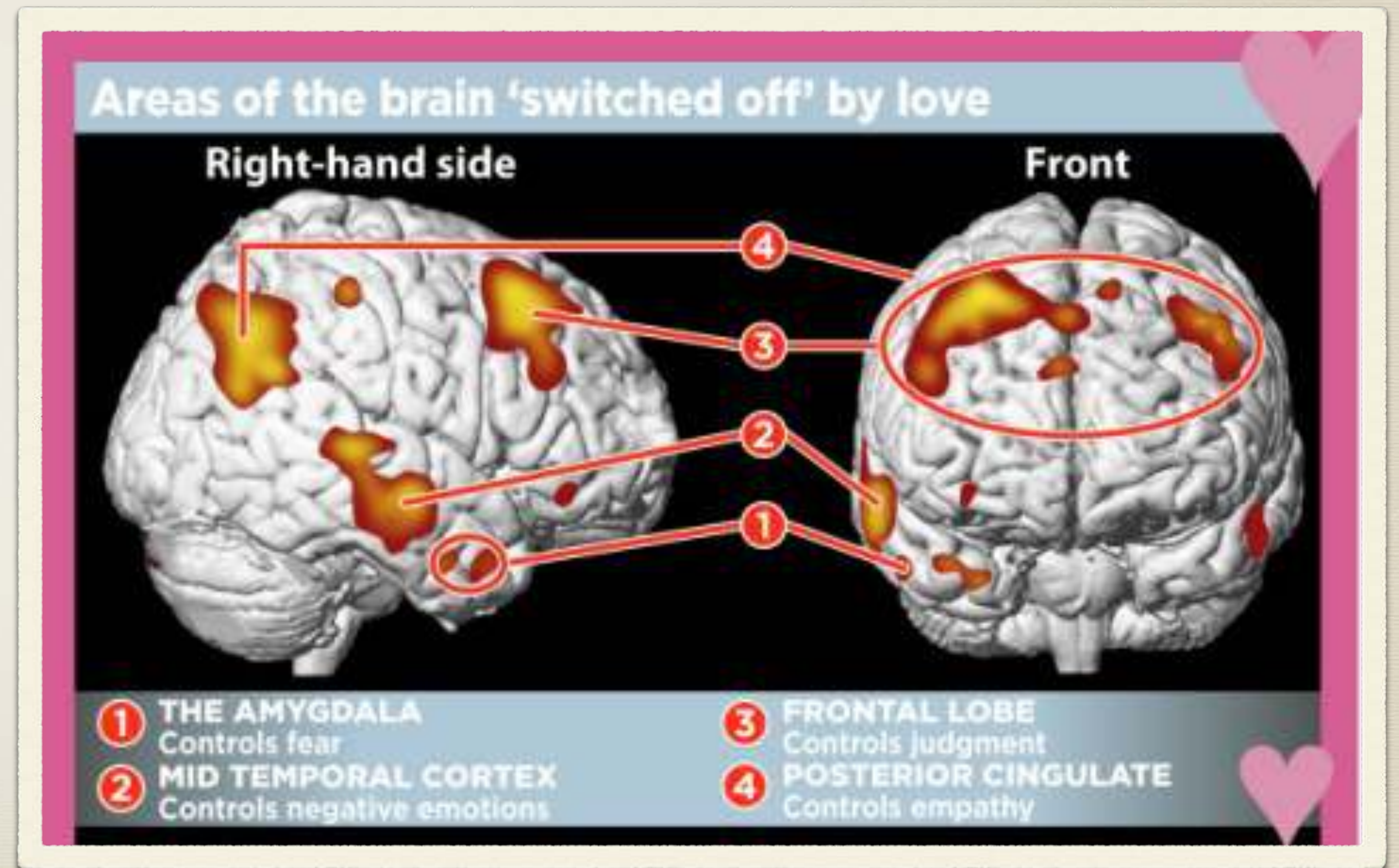
Pair Bonding is
Natural



Primal Nature

* Chemicals of Spring

- Dopamine
- Norepinephrine
- Serotonin
- Adrenaline
- Oxytocin



Plant Seeds of the Fruit You Want

- Actions — Respect, Trust
- Behaviors — Bad/good Habits
 - Beliefs — Thoughts &
subconscious
- Goals — Children, lifestyle



Method #1 — Find a Partner Who Fills in Your Weak Spots

- * List your strengths as weaknesses
- * List your partner's strengths a weaknesses
- * Have your partner do the same (and a good friend of each if possible)
- * Compare and try to find how many strengths match with each other's weaknesses



Method #2 — Matching Habits

- * Have each partner write down their 10 life choices that are most important to them
- * Have each partner write down their 10 deepest habits
- * Fill in over time / correct as you find more
- * Be sure no one's habits are a deal breaker



“Let a chicken be a chicken”

Permaculture Relationships

Phase 1 — Planting the Seed

<http://offgridpermaculture.com/relationships/>