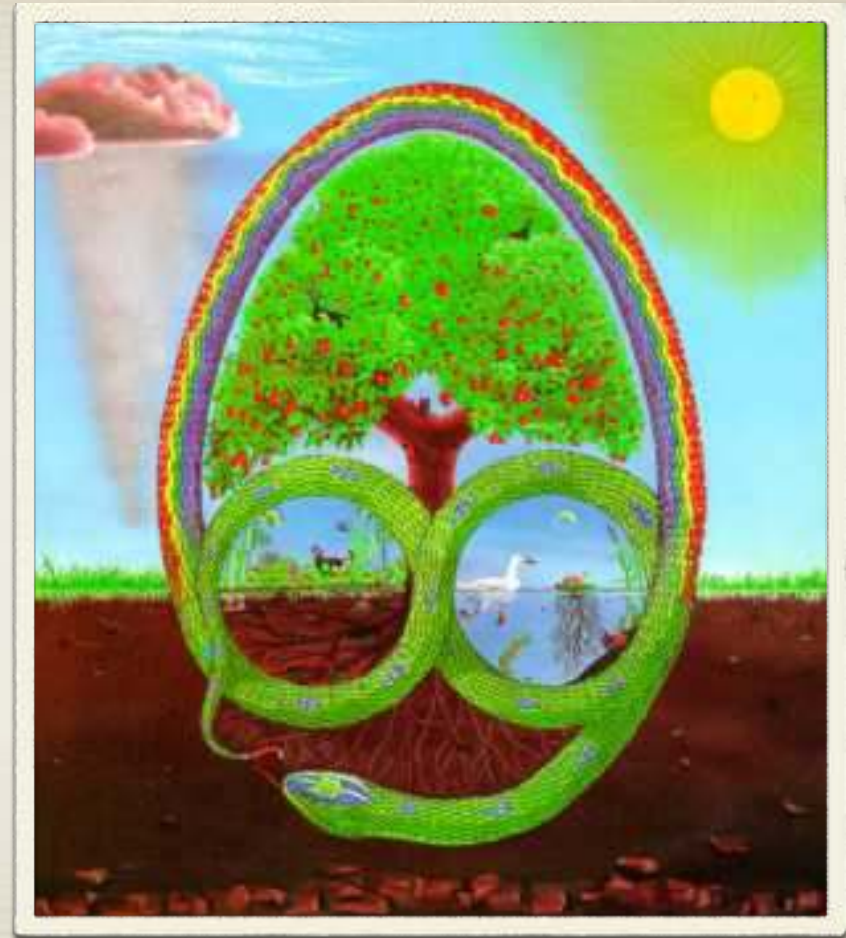


Permaculture Relationships

Phase 4 — Pattern Understanding

Why
Permaculture
Relationships?





A small green seedling with several leaves is growing out of a mound of reddish-brown soil. The background is a dark, gradient blue. The text "PHASE 4 Deepening" is overlaid in white serif font on the seedling.

PHASE 4
Deepening

Most of life is
made of little
patterns that we
repeat almost
unconsciously.



Observe the Patterns in Your Relationship

- * A relationship is made over a thousand little moments
- * Keep an eye on the big picture
- * Be especially wary of unconscious moments



Establish Proper Give and Take

- * Partners must be equally matched to succeed
- * Be wary of complacency on both sides
- * Give gentle feed back when ever possible



Repetition is Key

- Support the healthy parts multiply
- Allow the unhealthy parts to wither away



Method #1 — Identify Habits

- * Set an alarm or timer for every 73 minutes. Write down what you are doing when it rings.
- * Review your day backwards before bed, take note of any unconscious activities
- * Ask your loved ones to let you know what your unconscious habits are.



Method #2 — Self Regulation

- * Identify the top 5 best habits you have
- * Identify the top 5 most detrimental habits you have
- * Identify your partners top 5 best habits
- * Identify your partners top 5 most detrimental habits
- * Choose 1 each, and agree to focus on cutting them out for 30 days



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