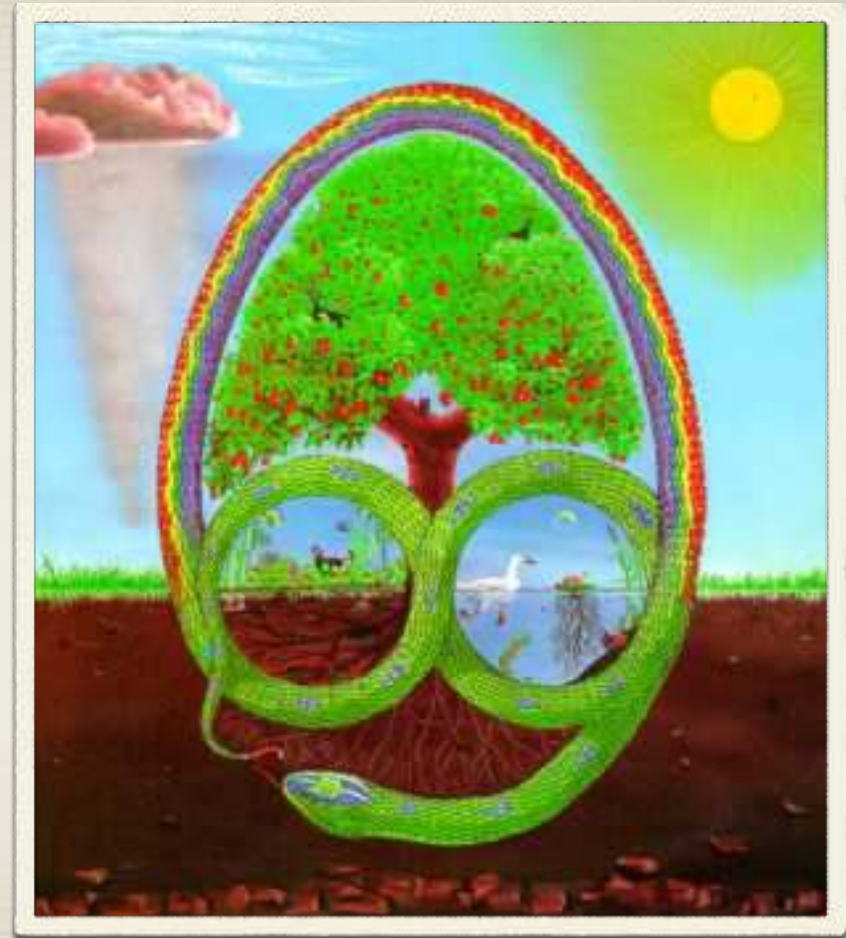


Permaculture Relationships

Phase 5 — Symbiosis

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 5" and "Genuine Bonding" is overlaid in white serif font.

PHASE 5
Genuine Bonding

Symbiosis inter-
reliance and
support of two
species



Symbiosis Requires Trust

- * At some point, we must relinquish some control to our partner
- * Forming part of a relationship means losing some of yourself that made functional as a single



Bonding Forms on Multiple Levels

- * Physical — survival, reproduction, comfort
- * Intellectual — pride, place in society, novelty
- * Emotional — support, love making, family bond
- * Spiritual — unconditional love



Symbiosis is the
Boundary Where
Couples Gain Super
Powers

- Expect a certain amount of vulnerability and loss of identity
- Overcome fears
- Anticipate a reward



Method #1 — Finding Strengths

- * What is something that my partner does better than me?
- * What is something that I do better than my partner?
- * What is something that I could learn to do better?
- * What is something that my partner could learn to do better?



Method #2 — Overcoming Fears

- * What is something that I used to do before the relationship, but don't do any longer?
- * What is the worst that could happen if I loose that capability?
- * What is the best that could happen if I loose that capability?
- * What is the root cause of this fear?



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